



WHITLEY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

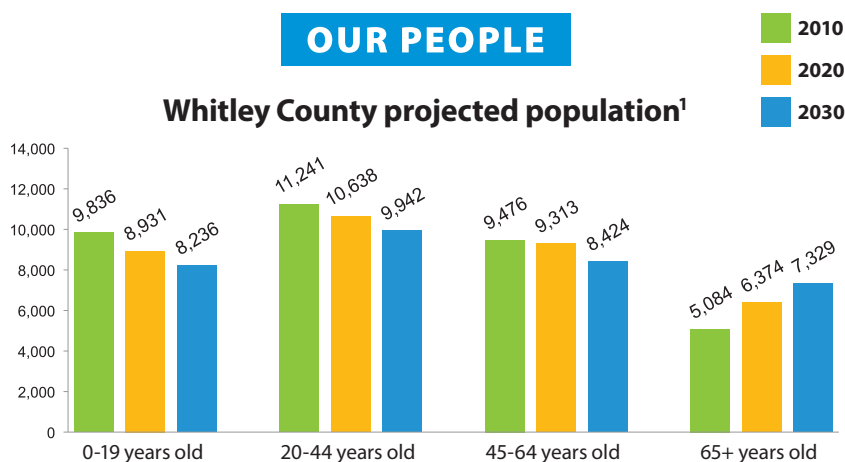
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Whitley County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made **10,850** contacts with Whitley County individuals and families.²

OUR PEOPLE

Whitley County projected population¹



SPOTLIGHT ON ...

STRETCHING FOOD BUDGETS

The recent economic recession has greatly impacted poverty-stricken counties in Kentucky. Accessing nutritious food can be difficult when resources are limited and when families struggle to provide basic needs. Given its relationship to hunger and to a family's quality of life, the Whitley County FCS agent developed and implemented a program about food spending, reaching 100 individuals. According to short-term evaluations, most participants learned that store brands are often less expensive than comparable name brand products. In evaluations conducted one month after the lesson, participants reported grocery shopping less frequently when they had an empty stomach and reported fewer impulsive purchases.

<http://hes.uky.edu/StrongFamilies>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Whitley County...

- **29.8%** (+/- 4.7) of families with children were below poverty
- **18.9%** (+/- 4.6) of those ages 65 and over were below poverty
- **18.8%** (+/- 2.1) of households had retirement income
- **9.3%** (+/- 1.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Whitley County had **4,567** people, **1,073** children and **700** seniors with low access to a supermarket or large grocery store.*

In addition, **2,269** residents had **both** low income **and** low access to stores.

As a result of participating in Whitley County Extension programs:²

- **200** people increased knowledge of economic and enterprise development.
- **337** people utilized healthy food delivery systems and access points.
- **45** people in Taking Control of Your Diabetes utilized a diabetes meal plan.

COMMUNITY AVAILABILITY

In 2011, Whitley County had:

- **18** Grocery stores (any kind)⁵
 - **13** Grocery/supermarkets (except convenience)⁵
 - **5** Convenience stores (i.e. food marts – no gas)⁵
- **15** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **2** Farmers market locations⁷
- **69** SNAP** authorized stores (food stamps)⁴
- **24** WIC*** authorized stores⁴

In 2011, there were **\$412,244.21** in SNAP redemptions/per SNAP authorized store in Whitley County.⁴

As a result of participating in Whitley County Extension programs:²

- **1,150** people increased knowledge of healthy food consumption.
- **260** people implemented practices for safe storage, handling, and preparation of food.
- **508** people reported eating more healthy foods.

FOOD ASSISTANCE

In Whitley County...

- **4,238** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **3,799** children in 2007 (**up 11.6%**).⁹
- **69.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **6,036** SNAP cases and the monthly SNAP benefit level was **\$266.52**.⁸

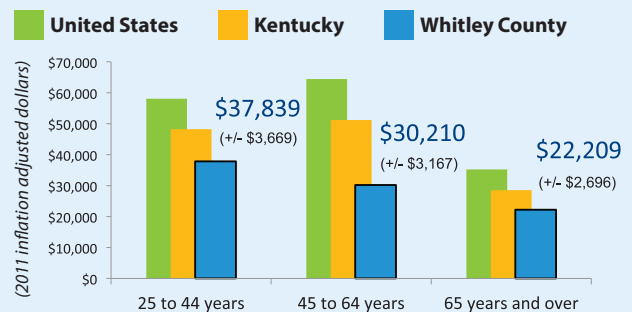
Whitley County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Whitley County Extension programs:²

- **420** people supplemented their diets with healthy foods they produced or preserved.
- **970** families/caregivers were reached with information on accessing healthy foods.
- **465** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Whitley County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcbcs/data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- * Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children