Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Wolfe 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 42,204 contacts with Wolfe County individuals and families.²

http://hes.uky.edu/StrongFamilies

**OUR PEOPLE**

**Wolfe County projected population¹**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>1,946</td>
<td>1,986</td>
<td>1,946</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>2,116</td>
<td>2,164</td>
<td>2,123</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>2,149</td>
<td>2,134</td>
<td>2,017</td>
</tr>
<tr>
<td>65+ years old</td>
<td>1,146</td>
<td>1,453</td>
<td>1,754</td>
</tr>
</tbody>
</table>

**SPOTLIGHT ON ...**

**DIABETES MANAGEMENT**

According to the American Diabetes Association, diabetes is a chronic illness that requires continuous medical care and patient education to prevent acute complications and reduce the risk of long-term problems. To address the diabetes concern in Wolfe county, the FCS Extension staff offered “Taking Ownership of Your Diabetes” in collaboration with a diabetes educator. Following the six-week curriculum and bimonthly cooking schools, a diabetes support group met weekly for three months. At the end of the program: 89 percent were managing their diabetes under a doctor's care and had their A1C checked; 79 percent were participating in regular physical activity; 67 percent were monitoring their blood sugar at least for one meal; 75 percent were planning meals; and all were reading food labels for total carbohydrates.
In Wolfe County…

- **943** was the average monthly number of children who received SNAP** (food stamps) in 2011, down from **944** children in 2007 (down 0.1%).

- **78.0%** of students attending public schools were eligible for free or reduced-price meals.

- There were **1,611** SNAP cases and the monthly SNAP benefit level was **$218.15**.

Wolfe County is served by God’s Pantry Food Bank of the Ky. Assoc. of Food Banks.

As a result of participating in Wolfe County Extension programs:

- 49 people demonstrated an increase in practical living skills.
- 413 people utilized healthy food delivery systems and access points.
- 315 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

In 2011, Wolfe County had:

- 5 Grocery stores (any kind)
- 4 Grocery/supermarkets (except convenience)
- 1 Convenience store (i.e. food marts – no gas)
- 3 Gasoline stations with convenience stores

In the county, there were:

- 1 Roadside market that served the county
- 1 Farmers market location
- 18 SNAP** authorized stores (food stamps)
- 6 WIC*** authorized stores

In 2011, there were **$104,345.82** in SNAP redemptions/per SNAP authorized store in Wolfe County.

As a result of participating in Wolfe County Extension programs:

- 49 people adopted practices to increase food access and affordability.
- 449 families/caregivers were reached with information on accessing healthy foods.
- 96 youth increased their knowledge of healthy food consumption.

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Wolfe County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$16,250 (+/- $4,730)</td>
<td>$24,441 (+/- $4,588)</td>
<td>$19,583 (+/- $9,568)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.

As a result of participating in Wolfe County Extension programs:

- 175 people increased knowledge of healthy food consumption.
- 190 families spent time together in physical activity.
- 195 people understand the benefits of spending time together in physical activity.