



WOLFE COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

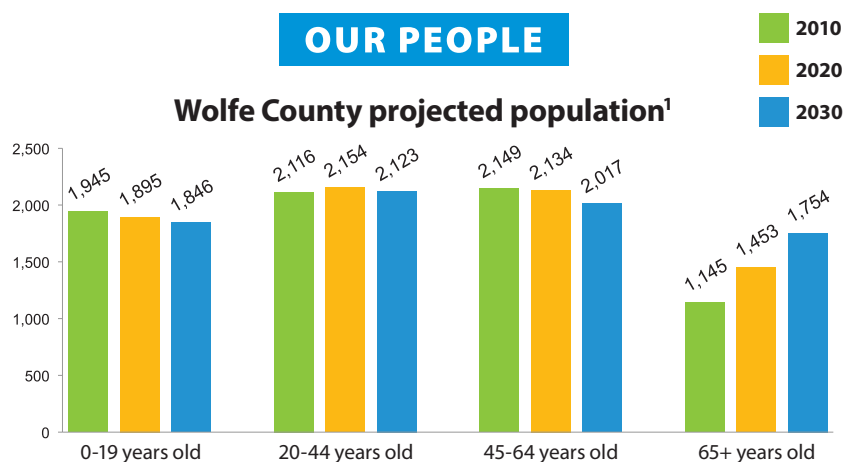
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Wolfe County. To help families make wise decisions, our educational programs focus on:

- **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

OUR PEOPLE

Wolfe County projected population¹



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.

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

FAMILY ACCESS

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

- **50.5%** (+/- 11.8) of families with children were below poverty
- **26.9%** (+/- 11.1) of those ages 65 and over were below poverty
- **15.6%** (+/- 4.3) of households had retirement income
- **8.8%** (+/- 3.5) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Wolfe County had **455** people, **110** children and **67** seniors with low access to a supermarket or large grocery store.*

In addition, **274** residents had **both** low income **and** low access to stores.

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

- **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.

COMMUNITY AVAILABILITY

In 2011, Wolfe County had:

- **5** Grocery stores (any kind)⁵
 - **4** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **3** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **1** Farmers market location⁷
- **18** SNAP** authorized stores (food stamps)⁴
- **6** WIC*** authorized stores⁴

In 2011, there were **\$104,345.82** in SNAP redemptions/per SNAP authorized store in Wolfe County.⁴

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

- **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.

FOOD ASSISTANCE

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%**).⁹
- **78.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,611** SNAP cases and the monthly SNAP benefit level was **\$218.15**.⁸

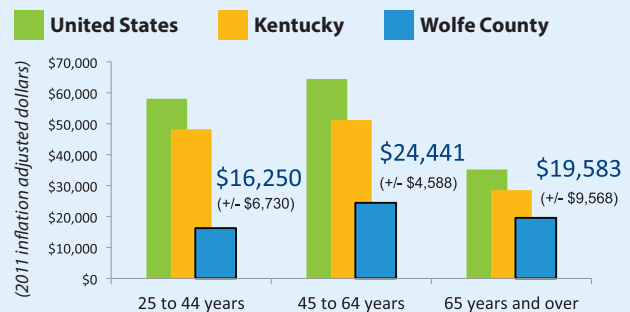
Wolfe County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **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.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Wolfe 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