



## HARDIN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

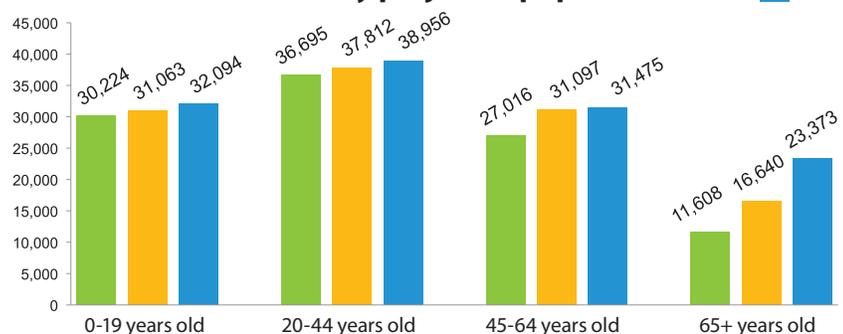
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hardin County. To help families make wise decisions, our educational programs focus on:

- **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 **26,746** contacts with Hardin County individuals and families.<sup>2</sup>

### OUR PEOPLE

Hardin County projected population<sup>1</sup>



### SPOTLIGHT ON ...

## SUMMER FOOD COOKING SERIES

The National Gardening Association's annual survey showed that nationwide household participation in do-it-yourself lawn and garden activities in 2012 increased by 2 million households (2 percent) over 2011. To capitalize on the interest in gardening, the Hardin County Cooperative Extension Service offered a spring program on "How to Grow" followed by summer cooking classes using the harvest. The hands-on series emphasized fruit and vegetable preparation, food safety, preservation, and nutrient value. Forty-nine people participated in workshops such as: "Thrill of the Grill," "Jamming Berries," "Simple Sensational Salads," "Scrumptious Squash," and "Kicking Kentucky Carrots." Post-series evaluations indicated that all respondents reported using techniques or recipes from the series and 50 percent of respondents had tried a new fruit or vegetable featured in a class.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Hardin County...

- **17.6%** (+/- 2.1) of families with children were below poverty
- **6.9%** (+/- 1.8) of those ages 65 and over were below poverty
- **26.4%** (+/- 1.2) of households had retirement income
- **4.7%** (+/- 0.8) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Hardin County had **24,451** people, **6,630** children and **2,287** seniors with low access to a supermarket or large grocery store.\*

In addition, **8,705** residents had **both** low income **and** low access to stores.

### As a result of participating in Hardin County Extension programs:<sup>2</sup>

- **214** people demonstrated an increase in practical living skills.
- **700** people utilized healthy food delivery systems and access points.
- **297** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Hardin County had:

- **23** Grocery stores (any kind)<sup>5</sup>
  - **14** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **9** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **42** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **4** Roadside markets that served the county<sup>6</sup>
- **3** Farmers market locations<sup>7</sup>
- **97** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **14** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, there were **\$261,361.01** in SNAP redemptions/per SNAP authorized store in Hardin County.<sup>4</sup>

### As a result of participating in Hardin County Extension programs:<sup>2</sup>

- **100** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.
- **165** people implemented practices for safe storage, handling, and preparation of food.
- **750** people increased knowledge of healthy food consumption.

## FOOD ASSISTANCE

In Hardin County...

- **5,964** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **4,562** children in 2007 (**up 30.7%**).<sup>9</sup>
- **48.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **6,769** SNAP cases and the monthly SNAP benefit level was **\$277.70**.<sup>8</sup>

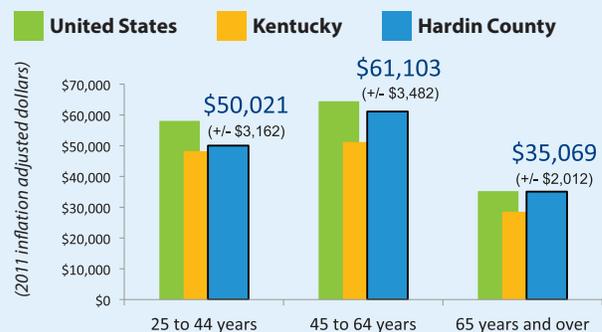
Hardin County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Hardin County Extension programs:<sup>2</sup>

- **2,150** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **1,378** youth were reached with information on eating healthy foods.
- **1,303** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Hardin County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce, County Business Patterns, 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. [http://chfs.ky.gov/dcbcs/data\\_book.htm](http://chfs.ky.gov/dcbcs/data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> 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