



## JESSAMINE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



### OUR FOCUS

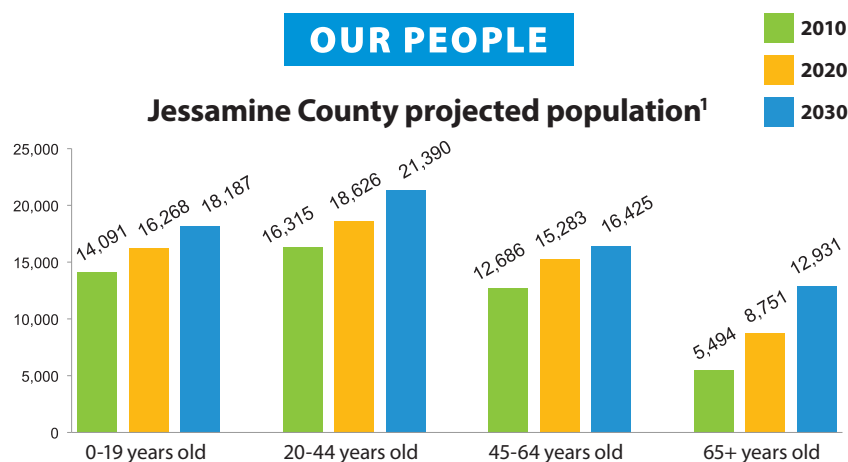
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Jessamine County. To help families make wise decisions, our educational programs focus on:

- **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 **1,721** contacts with Jessamine County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## LEAPING INTO GOOD HEALTH

**C**urrent health issues affecting Jessamine County citizens include: obesity, diabetes, poor cardiovascular health, and cancer. To help children develop healthy lifestyle habits, the Jessamine County Cooperative Extension Service facilitated Learning, Eating, and Activity for Primary (LEAP) at the Jessamine County Head Start. Participants included an average of 53 children ages 3 to 5 years. This program consisted of 12 half-hour sessions focusing on reading, basic physical activity, and tasting healthy snacks. Through LEAP, children were introduced to fruits and vegetables that they may not have otherwise been exposed to, thus broadening their food horizons and improving the chances of developing and maintaining healthy lifestyle practices across the lifespan.

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

## FAMILY ACCESS

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

- **18.4%** (+/- 3.8) of families with children were below poverty
- **6.5%** (+/- 2.1) of those ages 65 and over were below poverty
- **16.5%** (+/- 1.4) of households had retirement income
- **4.9%** (+/- 1.1) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Jessamine County had **4,338** people, **1,158** children and **599** seniors with low access to a supermarket or large grocery store.\*

In addition, **1,111** residents had **both** low income **and** low access to stores.

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

- **225** people increased knowledge of economic and enterprise development.
- **30** people utilized healthy food delivery systems and access points.
- **120** people were involved in addressing community issues.

## COMMUNITY AVAILABILITY

In 2011, Jessamine County had:

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

In the county, there were:

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

In 2011, there were **\$332,206.97** in SNAP redemptions/per SNAP authorized store in Jessamine County.<sup>4</sup>

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

- **165** people increased knowledge of healthy food consumption.
- **40** people increased knowledge of safe storage, handling, and preparation of food.
- **75** people increased knowledge of lifestyle changes to improve personal health.

## FOOD ASSISTANCE

In Jessamine County...

- **3,175** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **2,440** children in 2007 (**up 30.1%**).<sup>9</sup>
- **53.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **3,728** SNAP cases and the monthly SNAP benefit level was **\$299.24**.<sup>8</sup>

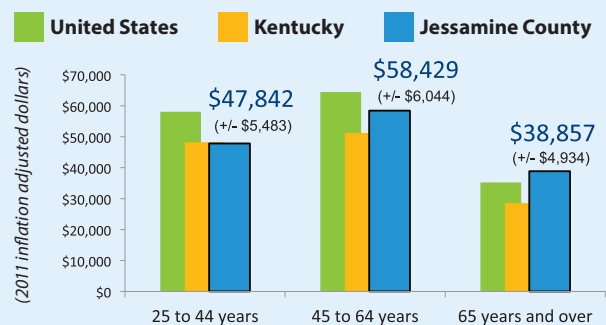
Jessamine County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.<sup>10</sup>

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

- **50** people adopted practices to increase food access and affordability.
- **30** people supplemented their diets with healthy foods they produced or preserved.
- **90** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Jessamine 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