



WEBSTER COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

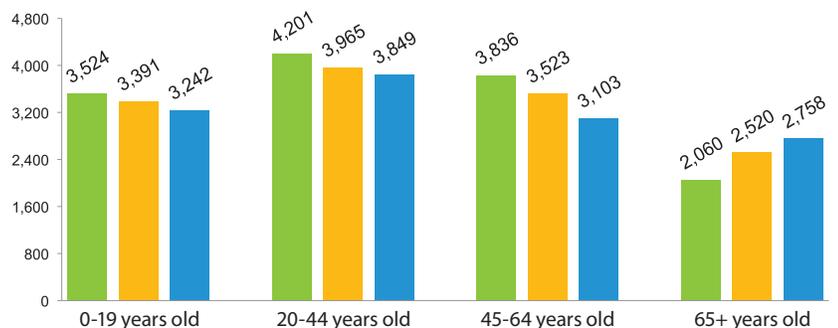
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Webster County. To help families make wise decisions, our educational programs focus on:

- **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 **5,721** contacts with Webster County individuals and families.²

OUR PEOPLE

Webster County projected population¹



SPOTLIGHT ON ...

GROWING HEALTHY KIDS

According to a 2009 survey conducted by the Centers for Disease Control and Prevention, 18 percent of Kentucky youth are obese and 86 percent eat less than the daily recommendations of fruits and vegetables. Webster County Extension Service staff has strived to reverse this trend by offering healthy food and nutrition programs for students in kindergarten through third grade in every elementary school. During the monthly programs, students were given a healthy food to try. One hundred percent of the students tasted the food and 100 percent participated in the physical activity lesson as well. Handouts were sent home with the students every month to raise awareness to parents and guardians as well.

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

FAMILY ACCESS

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

- **18.7%** (+/- 5.6) of families with children were below poverty
- **9.9%** (+/- 3.5) of those ages 65 and over were below poverty
- **22.0%** (+/- 2.9) of households had retirement income
- **5.3%** (+/- 1.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Webster County had **130** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **569** people demonstrated an increase in practical living skills.
- **21** people increased leadership knowledge and skills.
- **147** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Webster County had:

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

In the county, there were:

- **4** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **24** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$92,362.42** in SNAP redemptions/per SNAP authorized store in Webster County.⁴

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

- **300** people increased knowledge of healthy food consumption.
- **63** people understand the benefits of spending time together in physical activity.
- **20** people reported eating more healthy foods.

FOOD ASSISTANCE

In Webster County...

- **900** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **689** children in 2007 (**up 30.6%**).⁹
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,071** SNAP cases and the monthly SNAP benefit level was **\$266.39**.⁸

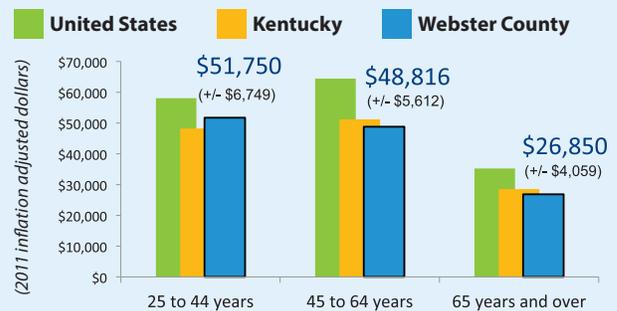
Webster County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **15** people supplemented their diets with healthy foods they produced or preserved.
- **1,025** families/caregivers were reached with information on accessing healthy foods.
- **900** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Webster 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/dcb/dcb_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