



BRACKEN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

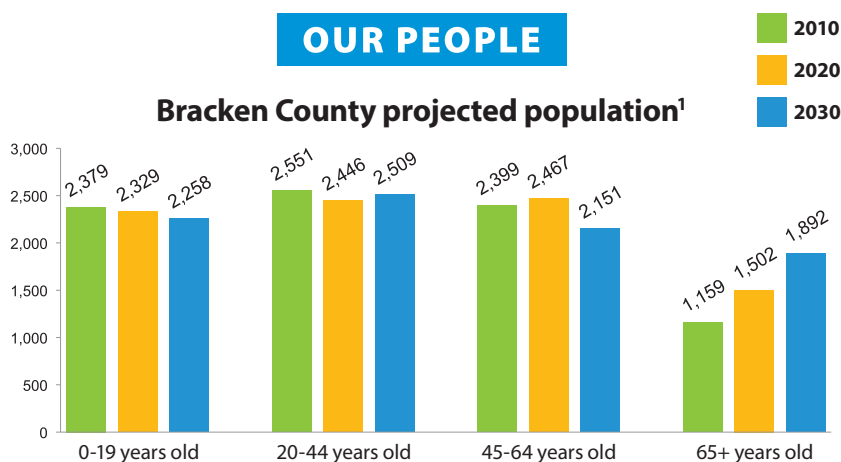
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bracken County. To help families make wise decisions, our educational programs focus on:

- **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 **7,535** contacts with Bracken County individuals and families.²

OUR PEOPLE

Bracken County projected population¹



SPOTLIGHT ON ...

MIDDLE SCHOOL LUNCHES

The 2012-2013 school year brought new changes to Bracken County's school lunch programs in an effort to improve the nutritional value of meals. The Bracken County Cooperative Extension Service partnered with the Bracken County Middle School and the Bracken County Health Department to help students understand the purpose behind the new lunch policy. Four lessons were taught to 245 students over a three-month period. The hands-on lessons included tastings and focused on taste buds, fruits and vegetables, fiber, and milk. The students were skeptical at first, but as the lessons continued, they became more involved and showed increased interest and excitement toward the taste test and topic. Pre- and post-surveys indicated increased knowledge in nutrition recommendations.

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

FAMILY ACCESS

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

- **20.7%** (+/- 6.1) of families with children were below poverty
- **14.2%** (+/- 5.2) of those ages 65 and over were below poverty
- **18.1%** (+/- 3.3) of households had retirement income
- **6.8%** (+/- 1.7) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Bracken County had **187** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **347** people increased leadership knowledge and skills.
- **72** people utilized healthy food delivery systems and access points.
- **27** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Bracken County had:

- **2** Grocery stores (any kind)⁵
 - **2** Grocery/supermarkets (except convenience)⁵
 - **0** Convenience stores (i.e. food marts – no gas)⁵
- **6** Gasoline stations with convenience stores⁵

In the county, there were:

- **2** Roadside markets that served the county⁶
- **2** Farmers market locations⁷
- **14** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$63,089.50** in SNAP redemptions/per SNAP authorized store in Bracken County.⁴

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

- **528** people increased knowledge of lifestyle changes to improve personal health.
- **87** people adopted practices to increase food access and affordability.
- **228** people reported eating more healthy foods.

FOOD ASSISTANCE

In Bracken County...

- **723** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **562** children in 2007 (**up 28.6%**).⁹
- **57.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **808** SNAP cases and the monthly SNAP benefit level was **\$290.02**.⁸

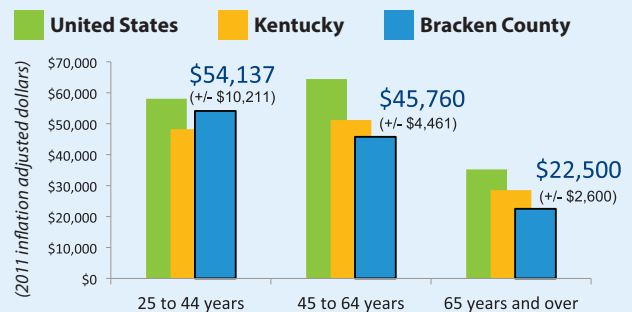
Bracken County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.¹⁰

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

- **128** people supplemented their diets with healthy foods they produced or preserved.
- **916** people were reached with information on eating healthy foods.
- **460** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Bracken 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>
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children