



BREATHITT COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

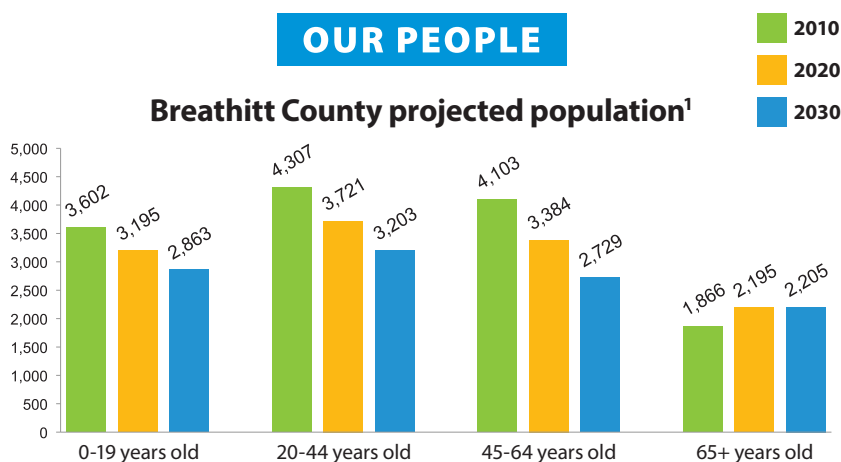
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Breathitt County. To help families make wise decisions, our educational programs focus on:

- **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 **13,556** contacts with Breathitt County individuals and families.²

OUR PEOPLE

Breathitt County projected population¹



SPOTLIGHT ON ...

HEALTHY COOKING SCHOOL

Breathitt County citizens struggle with health issues related to poor eating habits and lack of physical activity, with high incidence of obesity, diabetes and heart disease. To address the issues, 50 individuals began a yearlong healthy cooking school. Instead of a demonstration-type cooking school, participants prepared full recipes each month to take home to their families, an approach that helps ensure the whole family tries the healthy foods and removes the risk of spending limited food dollars on unfamiliar recipes. Ten months into the project, participants responded to a survey, which found: 85 percent of the families had increased consumption of fruits and vegetables; 77 percent were eating fewer fast food meals, 38 percent had increased whole grains; and 46 percent were now using food label information when purchasing foods.

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

FAMILY ACCESS

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

- **37.3%** (+/- 8.1) of families with children were below poverty
- **22.2%** (+/- 5.5) of those ages 65 and over were below poverty
- **15.3%** (+/- 2.5) of households had retirement income
- **13.8%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Breathitt County had **926** people, **204** children and **130** seniors with low access to a supermarket or large grocery store.*

In addition, **478** residents had **both** low income **and** low access to stores.

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

- **1,912** people demonstrated an increase in practical living skills.
- **283** people utilized healthy food delivery systems and access points.
- **835** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

COMMUNITY AVAILABILITY

In 2011, Breathitt County had:

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

In the county, there were:

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

In 2011, there were **\$282,139.20** in SNAP redemptions/per SNAP authorized store in Breathitt County.⁴

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

- **912** people made lifestyle changes to improve health.
- **162** people implemented practices for safe storage, handling, and preparation of food.
- **606** people reported eating more healthy foods.

FOOD ASSISTANCE

In Breathitt County...

- **1,679** was the average monthly number of children who received SNAP** (food stamps) in 2011, down from **1,680** children in 2007 (**down 0.1%**).⁹
- **76.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **3,224** SNAP cases and the monthly SNAP benefit level was **\$228.22**.⁸

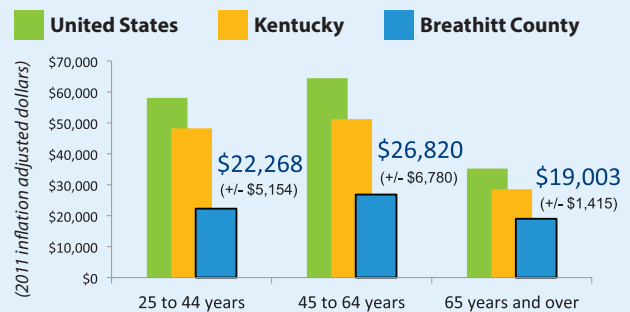
Breathitt County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **606** people adopted practices to increase food access and affordability.
- **2,185** people were reached with information on eating healthy foods.
- **1,900** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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