



CLAY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

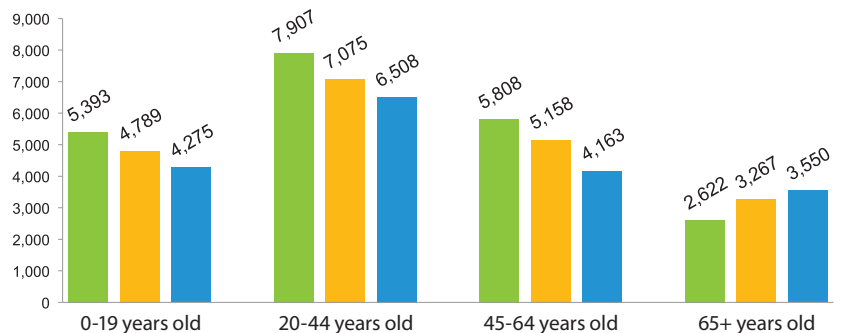
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Clay County. To help families make wise decisions, our educational programs focus on:

- **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 **8,505** contacts with Clay County individuals and families.²

OUR PEOPLE

Clay County projected population¹



SPOTLIGHT ON ...

HEALTHY WALKING, HEALTHY LIFE

Among Clay County adults, 31 percent are obese, 11 percent have diabetes, and only 7 percent meet physical activity standards. To address a need for healthier food choices and increased physical activity, the Clay County Extension Service launched "Healthy Walking Healthy Life." The program was designed to encourage healthy eating and exercise among participants who recently completed "Weight the Reality Series." Of the 63 percent participating in an evaluation conducted one month after the program ended: 67 percent reported making healthier food choices and feeling better; 58 percent became more aware of their eating choices; 47 percent made nutritional goals for their families; 42 percent reported they could now walk for 30 to 90 minutes without problems; and 34 percent had lost weight.

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

FAMILY ACCESS

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

- **38.3%** (+/- 7.4) of families with children were below poverty
- **28.8%** (+/- 6.5) of those ages 65 and over were below poverty
- **13.4%** (+/- 2.3) of households had retirement income
- **12.3%** (+/- 2.8) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Clay County had **2,898** people, **347** children and **215** seniors with low access to a supermarket or large grocery store.*

In addition, **1,575** residents had **both** low income **and** low access to stores.

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

- **947** people demonstrated an increase in practical living skills.
- **35** people utilized healthy food delivery systems and access points.
- **102** people increased knowledge of economic and enterprise development.

COMMUNITY AVAILABILITY

In 2011, Clay County had:

- **6** Grocery stores (any kind)⁵
 - **5** 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:

- **6** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **42** SNAP** authorized stores (food stamps)⁴
- **16** WIC*** authorized stores⁴

In 2011, there were **\$303,117.07** in SNAP redemptions/per SNAP authorized store in Clay County.⁴

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

- **916** people increased knowledge of healthy food consumption.
- **869** people increased knowledge of lifestyle changes to improve personal health.
- **159** families spent time together in physical activity.

FOOD ASSISTANCE

In Clay County...

- **2,708** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **2,644** children in 2007 (**up 2.4%**).⁹
- **75.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **4,878** SNAP cases and the monthly SNAP benefit level was **\$238.80**.⁸

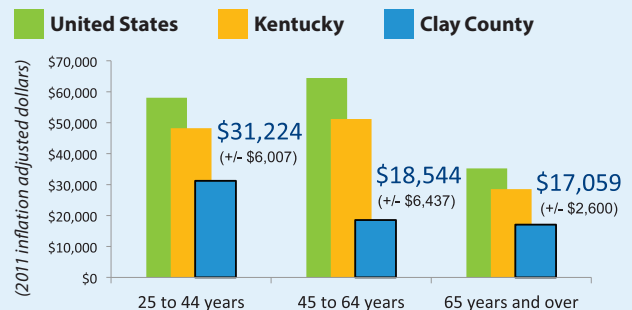
Clay County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **56** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **368** people were reached with information on accessing healthy foods.
- **1,079** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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