



CLINTON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

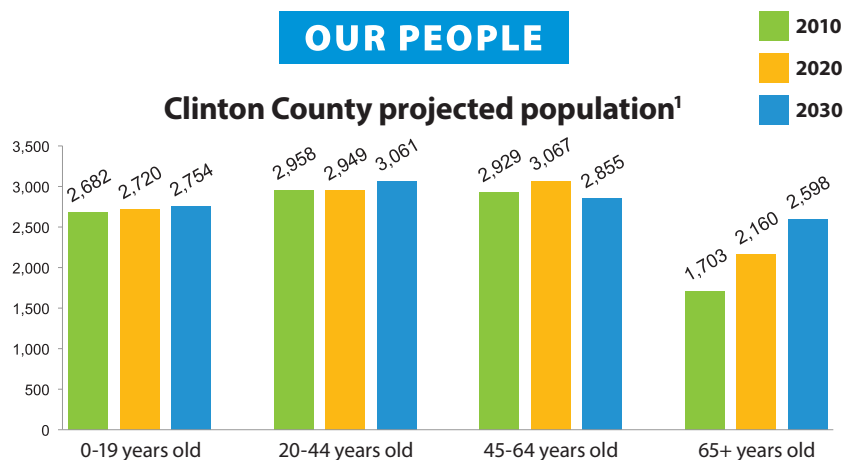
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Clinton County. To help families make wise decisions, our educational programs focus on:

- **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 **39,987** contacts with Clinton County individuals and families.²

OUR PEOPLE

Clinton County projected population¹



SPOTLIGHT ON ...

HEALTHY GROCERY CHOICES

Kids Count data reveal that in 2011, 44.1 percent of Clinton County children were below poverty level and 3,072 people received SNAP benefits in 2012 (Kentucky Cabinet for Health and Family Services, Data Book, June 2012). Because accessing nutritious foods on a limited budget is a concern for many families, the Clinton County extension staff facilitated "Cooking Matters at the Store." The guided shopping tour focused on helping people learn to compare unit prices, read labels, and understand basic nutrition. All 26 adult participants purchased an assigned set of healthy food items with the \$10 budget they were given. A follow up survey conducted three months after the tour revealed that eight participants compared unit prices at their next shopping trip, while 12 participants read ingredient lists to find whole grains and compared food labels to make healthy choices.

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

FAMILY ACCESS

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

- **33.0%** (+/- 9.8) of families with children were below poverty
- **28.4%** (+/- 9.3) of those ages 65 and over were below poverty
- **18.5%** (+/- 3.9) of households had retirement income
- **5.3%** (+/- 1.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Clinton County had **164** people, **40** children and **24** seniors with low access to a supermarket or large grocery store.*

In addition, **105** residents had **both** low income **and** low access to stores.

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

- **15,758** people demonstrated an increase in practical living skills.
- **2,550** people utilized healthy food delivery systems and access points.
- **783** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Clinton County had:

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

In the county, there were:

- **2** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **21** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$183,495.95** in SNAP redemptions/per SNAP authorized store in Clinton County.⁴

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

- **8,959** people increased knowledge of healthy food consumption.
- **5,328** people implemented practices for safe storage, handling, and preparation of food.
- **6,203** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Clinton County...

- **957** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **835** children in 2007 (**up 14.6%**).⁹
- **64.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,448** SNAP cases and the monthly SNAP benefit level was **\$232.71**.⁸

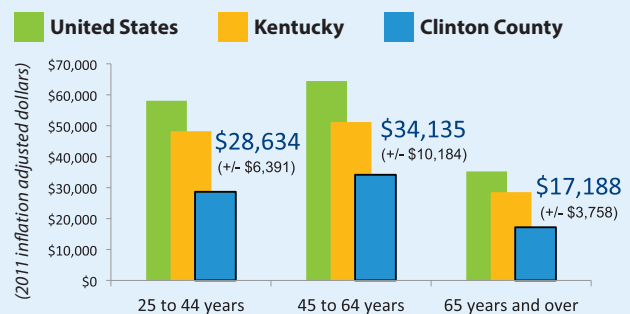
Clinton County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

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

- **1,024** people adopted practices to increase food access and affordability.
- **9,008** people were reached with information on accessing healthy foods.
- **11,275** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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