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.

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.
FAMILY ACCESS

According to the 2007-2011 American Community Survey, 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 Atlas 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:

- 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.

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%).
- 64.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 1,448 SNAP cases and the monthly SNAP benefit level was $232.71.

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

As a result of participating in Clinton County Extension programs:

- 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.

COMMUNITY AVAILABILITY

In 2011, Clinton County had:

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

In the county, there were:

- 2 Roadside markets that served the county
- 1 Farmers market location
- 21 SNAP** authorized stores (food stamps)
- 3 WIC*** authorized stores

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

As a result of participating in Clinton County Extension programs:

- 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.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Clinton County (2007-2011)

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Clinton County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$44,059</td>
<td>$28,634 (+$6,391)</td>
<td>$34,135 (+$6,184)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$49,787</td>
<td>$35,084 (+$6,330)</td>
<td>$40,078 (+$6,078)</td>
</tr>
<tr>
<td>65 years and over</td>
<td>$45,319</td>
<td>$29,964 (+$5,945)</td>
<td>$32,125 (+$3,825)</td>
</tr>
</tbody>
</table>

SOURCES:
1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
10. [http://www.kafb.org](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