



ELLIOTT COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

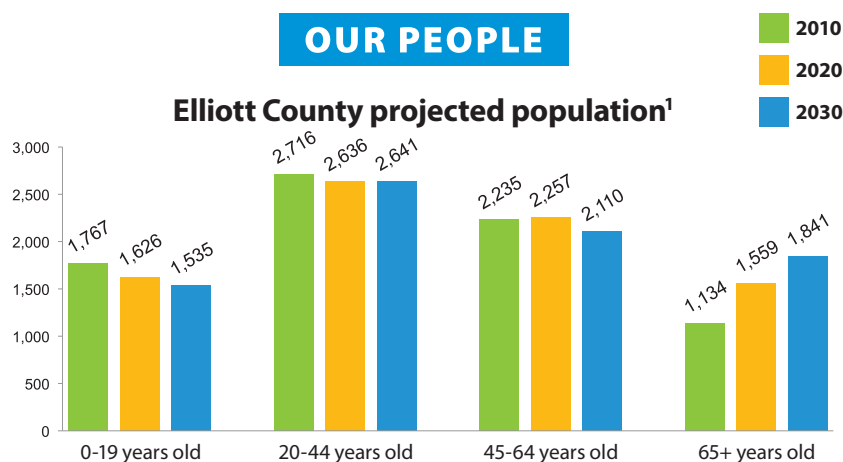
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Elliott County. To help families make wise decisions, our educational programs focus on:

- **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 **11,781** contacts with Elliott County individuals and families.²

OUR PEOPLE

Elliott County projected population¹



SPOTLIGHT ON ...

HERITAGE IN A SKILLET

To celebrate locally grown foods and Appalachian cooking traditions, the Elliott County FCS staff partnered with four local organizations to host the first Kentucky Country Roads Cook-Off, "Elliott County Heritage in a Skillet." The rules were simple: Use a cultural recipe, locally grown ingredients and a cast iron utensil. Five teams prepared recipes that were judged on nutritional value and cooking methods. Approximately 100 people learned the value of traditional recipes and locally grown foods. They also learned that locally grown foods have greater nutritional value than purchased processed foods, and that locally grown foods are available from the farmers market and agricultural entrepreneurs. The competition showed we can be proud of our food heritage and that our local recipes can be high in nutritional value.

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

FAMILY ACCESS

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

- **26.4%** (+/- 10.5) of families with children were below poverty
- **21.8%** (+/- 8.4) of those ages 65 and over were below poverty
- **17.0%** (+/- 3.4) of households had retirement income
- **10.8%** (+/- 3.6) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Elliott County had **305** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **67** people increased knowledge of economic and enterprise development.
- **55** people increased leadership knowledge and skills.
- **34** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Elliott County had:

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

In the county, there were:

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

In 2011, there were **\$93,979.37** in SNAP redemptions/per SNAP authorized store in Elliott County.⁴

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

- **432** people made lifestyle changes to improve health.
- **25** youth increased leadership knowledge and skills.
- **537** people reported eating more healthy foods.

FOOD ASSISTANCE

In Elliott County...

- **733** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **713** children in 2007 (**up 2.8%**).⁹
- **79.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,141** SNAP cases and the monthly SNAP benefit level was **\$253.08**.⁸

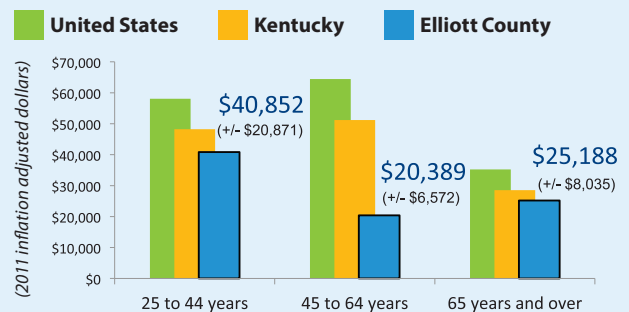
Elliott County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **1,538** people utilized healthy food delivery systems and access points.
- **857** people were reached with information on eating healthy foods.
- **233** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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