

ESTILL COUNTY
Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

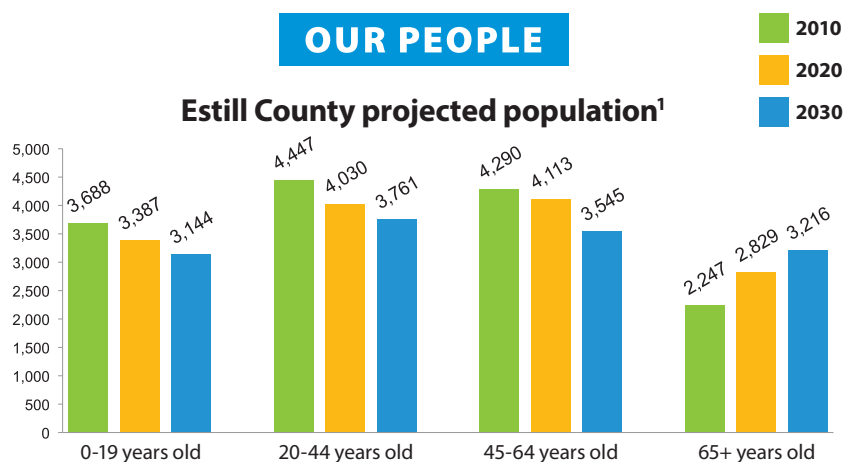
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Estill County. To help families make wise decisions, our educational programs focus on:

- **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 **7,785** contacts with Estill County individuals and families.²

OUR PEOPLE

Estill County projected population¹



SPOTLIGHT ON ...

HEALTHY LIVING WITH DIABETES

To address a high rate of diabetes, poor nutrition and lack of physical activity, the Estill County Extension Service partnered with the local health department, Interfaith Wellness, and Marcum & Wallace Memorial Hospital to conduct a four-week series of healthy living lessons reaching 26 participants. Lessons included such topics as portion control, healthy food preparation, and eating a wide variety of vegetables. Fifteen participated in all four educational sessions. As a result of the program: 38 percent of the participants report regularly attending exercise class two times a week; 13 percent reported walking three or four times a week for six weeks and beyond; and 19 percent sought diet consultation from the health department.

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

FAMILY ACCESS

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

- **37.6%** (+/- 8.5) of families with children were below poverty
- **15.7%** (+/- 5.1) of those ages 65 and over were below poverty
- **20.7%** (+/- 2.9) of households had retirement income
- **10.9%** (+/- 2.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Estill County had **1,820** people, **407** children and **331** seniors with low access to a supermarket or large grocery store.*

In addition, **919** residents had **both** low income **and** low access to stores.

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

- **384** people increased knowledge of economic and enterprise development.
- **495** people utilized healthy food delivery systems and access points.
- **2,405** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Estill County had:

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

In the county, there were:

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

In 2011, there were **\$288,660.26** in SNAP redemptions/per SNAP authorized store in Estill County.⁴

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

- **1,499** people increased knowledge of healthy food consumption.
- **323** people increased knowledge of safe storage, handling, and preparation of food.
- **2,590** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Estill County...

- **1,538** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,419** children in 2007 (**up 8.4%**).⁹
- **68.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,561** SNAP cases and the monthly SNAP benefit level was **\$250.55**.⁸

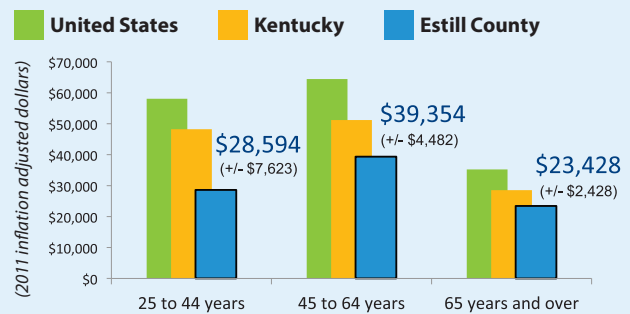
Estill County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **304** people adopted practices to increase food access and affordability.
- **1,343** people were reached with information on accessing healthy foods.
- **1,320** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Estill 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/dcb/dcb_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