



HARLAN COUNTY

Theresa G. Howard,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

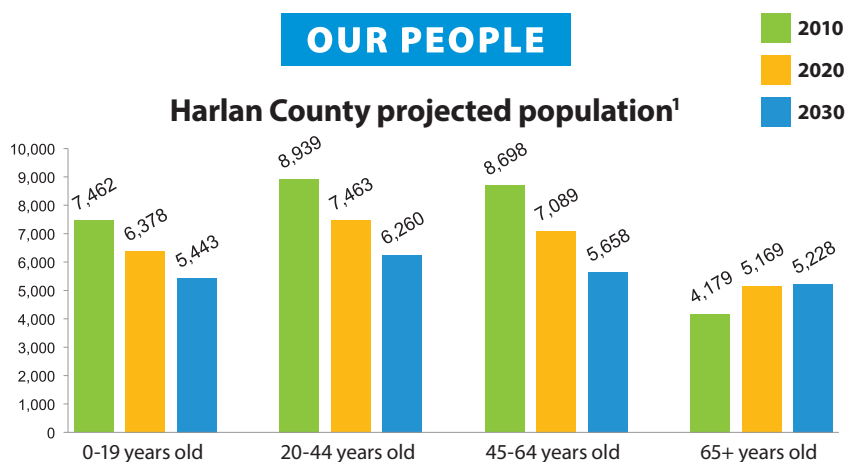
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Harlan County. To help families make wise decisions, our educational programs focus on:

- **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 **12,737** contacts with Harlan County individuals and families.²

OUR PEOPLE

Harlan County projected population¹



SPOTLIGHT ON ...

SHOPPING MATTERS

Increased consumption of unhealthy foods, stress, and lack of physical activity are largely responsible for obesity, which contributes toward other chronic illnesses that plague Kentucky. In cooperation with the county diabetes education grant, the Harlan County Extension Service hosted a program called "Shopping Matters," including a hands-on supermarket activity designed to teach how to make healthy food purchases on a limited budget. Eighteen people received hands-on practice. Sixteen of the 18 individuals took the challenge of making several healthy food purchases while keeping the total cost under \$10. In a formal evaluation, 100 percent of the 16 who took the \$10 challenge learned several new shopping techniques and ideas on how to save money.

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

FAMILY ACCESS

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

- **37.6%** (+/- 5.0) of families with children were below poverty
- **18.2%** (+/- 4.5) of those ages 65 and over were below poverty
- **22.8%** (+/- 2.3) of households had retirement income
- **12.1%** (+/- 2.0) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Harlan County had **5,086** people, **1,161** children and **766** seniors with low access to a supermarket or large grocery store.*

In addition, **2,904** residents had **both** low income **and** low access to stores.

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

- **1,300** people demonstrated an increase in practical living skills.
- **110** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.
- **325** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Harlan County had:

- **11** Grocery stores (any kind)⁵
 - **10** 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:

- **1** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **53** SNAP** authorized stores (food stamps)⁴
- **17** WIC*** authorized stores⁴

In 2011, there were **\$287,406.01** in SNAP redemptions/per SNAP authorized store in Harlan County.⁴

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

- **475** people made lifestyle changes to improve personal health.
- **850** people implemented practices for safe storage, handling, and preparation of food.
- **800** families spent time together in physical activity.

FOOD ASSISTANCE

In Harlan County...

- **3,233** was the average monthly number of children who received SNAP** (food stamps) in 2011, down from **3,305** children in 2007 (**down 2.2%**).⁹
- **71.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **5,894** SNAP cases and the monthly SNAP benefit level was **\$255.68**.⁸

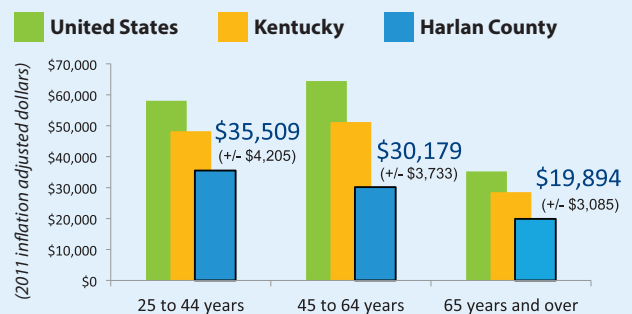
Harlan County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **56** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **1,200** youth were reached with information on eating healthy foods.
- **500** people were reached with information on accessing healthy foods.

HOUSEHOLD INCOME

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

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment
School of Human Environmental Sciences