



JACKSON COUNTY

Clare Kincaid,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

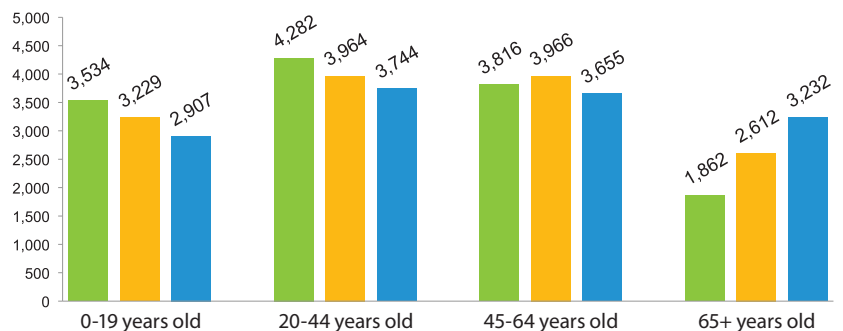
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Jackson County. To help families make wise decisions, our educational programs focus on:

- **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 **20,052** contacts with Jackson County individuals and families.²

OUR PEOPLE

Jackson County projected population¹



SPOTLIGHT ON ...

COMMUNITY GARDENING

In 2010, per capita income in Appalachia was just \$22,727, nearly 15 percent lower than the national average. In the poorest parts of Eastern Kentucky, poverty rates often approach 25 percent compared to the national average of 15.6 percent - leading to food insecurity and concern about affordably priced healthy foods. The Jackson County Cooperative Extension Service received a \$600 grant through the Grow Appalachia program to lead a community garden project with families. Ten families participated in the three-month program. Post-participation evaluation revealed: 100 percent of the families grew and harvested vegetables; 30 percent of the families had never grown a garden before; and 100 percent of the families gained knowledge in gardening skills.

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

FAMILY ACCESS

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

- **37.4%** (+/- 9.6) of families with children were below poverty
- **22.6%** (+/- 7.4) of those ages 65 and over were below poverty
- **14.8%** (+/- 3.2) of households had retirement income
- **7.5%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Jackson County had **443** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **587** people demonstrated an increase in practical living skills.
- **175** people utilized healthy food delivery systems and access points.
- **88** people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Jackson County had:

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

In the county, there were:

- **4** Roadside markets that served the county⁶
- **4** Farmers market locations⁷
- **27** SNAP** authorized stores (food stamps)⁴
- **9** WIC*** authorized stores⁴

In 2011, there were **\$137,814.12** in SNAP redemptions/per SNAP authorized store in Jackson County.⁴

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

- **430** people increased knowledge of healthy food consumption.
- **338** people implemented practices for safe storage, handling, and preparation of food.
- **495** people increased knowledge of safe storage, handling and preparation of food.

FOOD ASSISTANCE

In Jackson County...

- **1,409** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,254** children in 2007 (**up 12.4%**).⁹
- **72.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,283** SNAP cases and the monthly SNAP benefit level was **\$248.69**.⁸

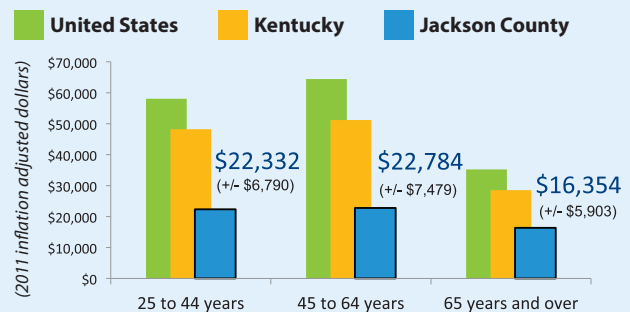
Jackson County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **106** people supplemented their diets with healthy foods they produced or preserved.
- **3,380** families/caregivers were reached with information on accessing healthy foods.
- **580** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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