



KNOTT COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

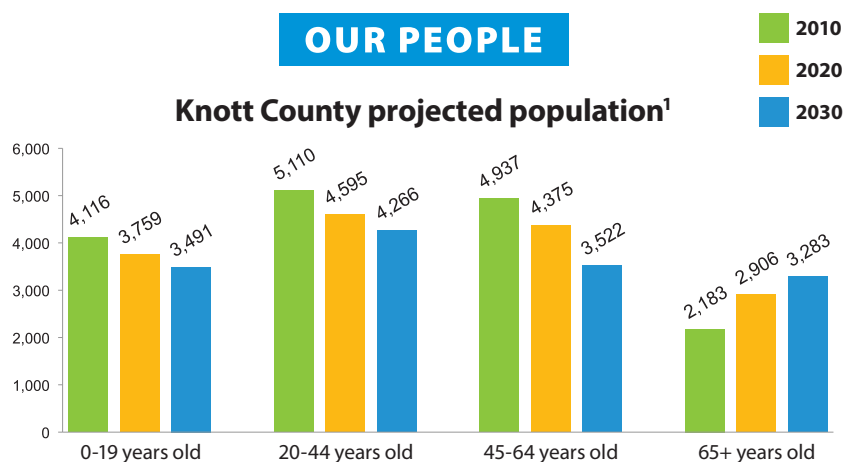
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Knott County. To help families make wise decisions, our educational programs focus on:

- **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 **26,432** contacts with Knott County individuals and families.²

OUR PEOPLE

Knott County projected population¹



SPOTLIGHT ON ...

PLATE IT UP! KENTUCKY PROUD

According to the Centers for Disease Control and Prevention, only one in five Kentucky adults consumes the recommended daily servings of fruits and vegetables. The Knott County FCS agent presented "Plate It Up! Kentucky Proud Fruits and Vegetables" to 83 participants. Post program evaluations indicated: 100 percent were likely to buy Kentucky Proud products, and 85 percent learned how to use "MyPlate." Results from follow up surveys show: 66 percent report the Kentucky Proud recipe card helped them plan their meal and meet nutritional needs; 67 percent are using "MyPlate" for portion control; 72 percent report eating more fruits; 84 percent report eating more vegetables; 38 percent report eating four to six servings of fruit every day; and 43 percent report eating four to six servings of vegetables every day.

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

FAMILY ACCESS

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

- **27.5%** (+/- 6.0) of families with children were below poverty
- **18.1%** (+/- 4.8) of those ages 65 and over were below poverty
- **19.9%** (+/- 2.6) of households had retirement income
- **10.6%** (+/- 1.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Knott County had **685** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **941** people demonstrated an increase in practical living skills.
- **678** people utilized healthy food delivery systems and access points.
- **372** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.

COMMUNITY AVAILABILITY

In 2011, Knott County had:

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

In the county, there were:

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

In 2011, there were **\$160,980.78** in SNAP redemptions/per SNAP authorized store in Knott County.⁴

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

- **2,726** people increased knowledge of healthy food consumption.
- **783** people implemented practices for safe storage, handling, and preparation of food.
- **2,432** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Knott County...

- **1,623** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,583** children in 2007 (**up 2.5%**).⁹
- **72.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,967** SNAP cases and the monthly SNAP benefit level was **\$250.16**.⁸

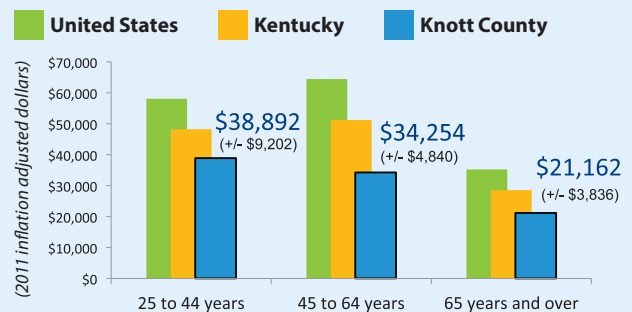
Knott County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **573** people adopted practices to increase food access and affordability.
- **4,526** families/caregivers were reached with information on accessing healthy foods.
- **879** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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