



KNOX COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

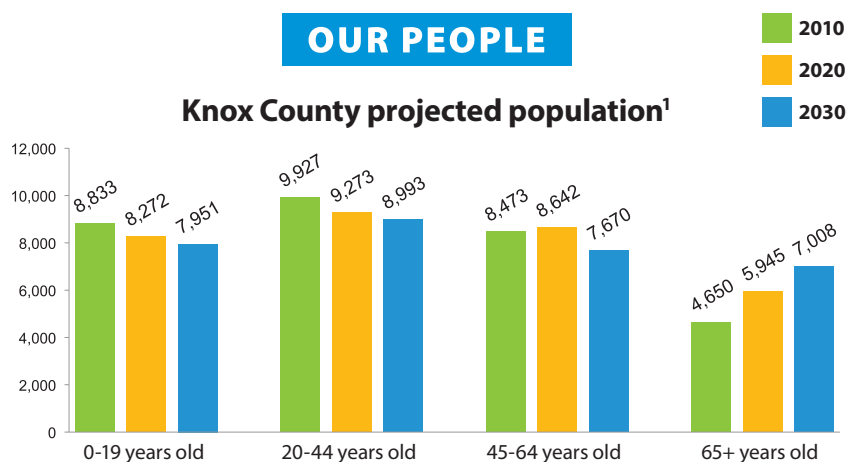
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Knox County. To help families make wise decisions, our educational programs focus on:

- **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 **12,778** contacts with Knox County individuals and families.²

OUR PEOPLE

Knox County projected population¹



SPOTLIGHT ON ...

SUPER STAR CHEF

Families often struggle to provide enriching activities for their children due to the weak economy, workplace issues and family dynamics. In response to clientele requests and program council guidance, the Knox County Extension Service staff hosted a summer cooking program called "Super Star Chef." Thirty-seven youth spent six hours over two days learning about food and equipment safety, safe food handling, proper cutting techniques, reading a recipe, and basic nutrition. Youth used math, science, and reading skills to make pizza, biscuits, lemonade and freezer jam. Thirty of the participants had little cooking experience and most had never made "homemade" food products. All participants gained hands-on learning experience.

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

FAMILY ACCESS

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

- **43.9%** (+/- 6.6) of families with children were below poverty
- **23.8%** (+/- 4.8) of those ages 65 and over were below poverty
- **16.3%** (+/- 2.7) of households had retirement income
- **14.1%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Knox County had **1,695** people, **429** children and **219** seniors with low access to a supermarket or large grocery store.*

In addition, **1,087** residents had **both** low income **and** low access to stores.

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

- **1,800** people demonstrated an increase in practical living skills.
- **750** people utilized healthy food delivery systems and access points.
- **2,541** people in Managing in Tough Times: Moneywise became aware of how to manage current economic events.

COMMUNITY AVAILABILITY

In 2011, Knox County had:

- **9** Grocery stores (any kind)⁵
 - **8** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (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
- **52** SNAP** authorized stores (food stamps)⁴
- **31** WIC*** authorized stores⁴

In 2011, there were **\$278,215.07** in SNAP redemptions/per SNAP authorized store in Knox County.⁴

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

- **1,450** people made lifestyle changes to improve health.
- **1,500** people implemented practices for safe storage, handling, and preparation of food.
- **2,469** people increased knowledge of lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Knox County...

- **4,273** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **3,868** children in 2007 (**up 10.5%**).⁹
- **76.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **6,483** SNAP cases and the monthly SNAP benefit level was **\$253.65**.⁸

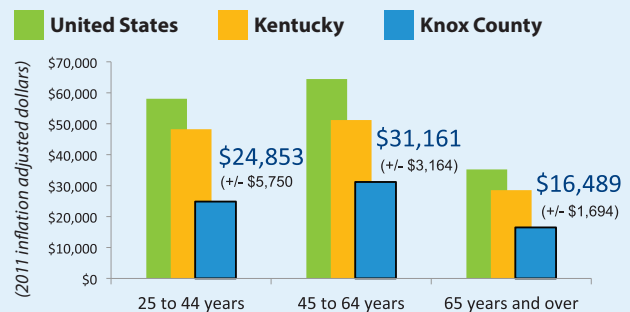
Knox County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **750** people adopted practices to increase food access and affordability.
- **1,381** families/caregivers were reached with information on accessing healthy foods.
- **800** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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