



LETCHER COUNTY

Ann Bradley,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

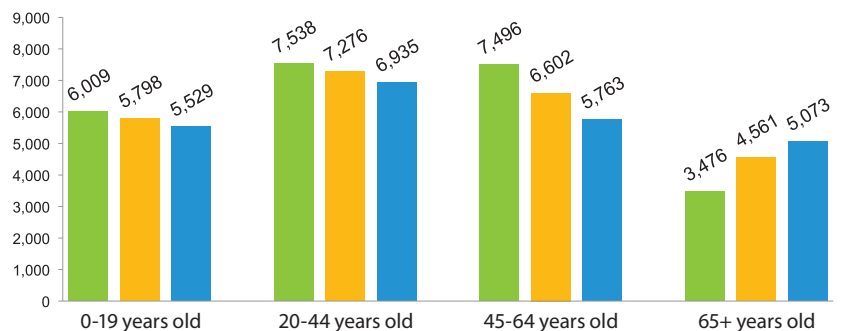
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Letcher County. To help families make wise decisions, our educational programs focus on:

- **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 **2,437** contacts with Letcher County individuals and families.²

OUR PEOPLE

Letcher County projected population¹



SPOTLIGHT ON ...

OVARIAN CANCER AWARENESS THROUGH YEARLY SCREENING

Ovarian Cancer, a silent type of cancer, continues to be a focal point of Family and Consumer Science programs in Letcher County. The FCS agent participated in local health fairs to educate women and to promote the free ovarian cancer screenings available at the University of Kentucky Markey Cancer Center. Last year, 181 Letcher County women were transported to UK for screenings. Approximately 25 women had successful surgeries and three women were diagnosed with cancer as a result of the screening. The total number of Letcher County women screened for ovarian cancer to date is 386.

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

FAMILY ACCESS

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

- **30.1%** (+/- 5.7) of families with children were below poverty
- **18.9%** (+/- 3.9) of those ages 65 and over were below poverty
- **19.8%** (+/- 2.8) of households had retirement income
- **13.8%** (+/- 2.2) of households had no vehicle

The 2012 Food Environment Atlas indicates that in Letcher county **1,050** households have no vehicle and low access to a supermarket or large grocery store.*

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

- **2,700** people demonstrated an increase in practical living skills.
- **724** people utilized healthy food delivery systems and access points.
- **1,272** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Letcher County had:

- **6** Grocery stores (any kind)⁵
 - **5** 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:

- **0** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **40** SNAP** authorized stores (food stamps)⁴
- **11** WIC*** authorized stores⁴

In 2011, there were **\$247,090.07** in SNAP redemptions/per SNAP authorized store in Letcher County.⁴

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

- **386** families spent time together in physical activity.
- **12,025** people increased knowledge of healthy food consumption.
- **822** people reported eating more healthy foods.

FOOD ASSISTANCE

In Letcher County...

- **2,187** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **2,183** children in 2007 (**up 0.2%**).⁹
- **70.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **4,025** SNAP cases and the monthly SNAP benefit level was **\$247.92**.⁸

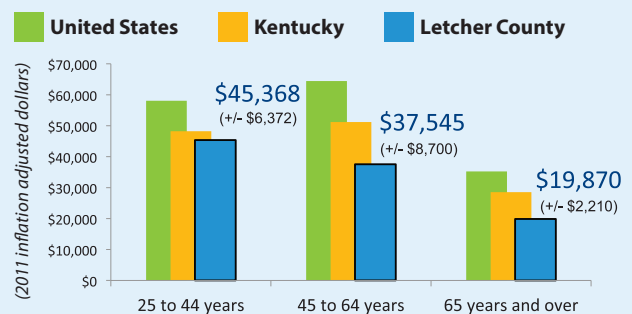
Letcher County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **491** people adopted practices to increase food access and affordability.
- **498** people supplemented their diets with healthy foods they produced or preserved.
- **1,387** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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