Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Martin 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 2,838 contacts with Martin County individuals and families.

**LEARNING HEALTHY OPTIONS**

Kentucky ranks among the 10 highest in the United States for adult obesity. Locally, 39 percent of Martin county adults ages 20 years and older are considered obese (Building Strong Families, 2013). In an effort to combat this challenge, the Martin County FCS staff and volunteers held a series of 12 informational or hands-on sessions focusing on cooking efficiently, healthy fast food options, food purchasing, and recipe modification to improve nutrition. Over 355 participants attended at least three of the 12 sessions. In post-series evaluations, 90 percent reported using healthy recipes shared in class, and adapting family recipes. Forty percent reported purchasing and preparing more fruits and vegetables, and 60 percent selected and prepared healthier cuts of meat.
According to the 2007-2011 American Community Survey, in Martin County...

- **51.5% (+/- 11.8)** of families with children were below poverty
- **15.6% (+/- 6.3)** of those ages 65 and over were below poverty
- **17.6% (+/- 3.1)** of households had retirement income
- **8.3% (+/- 2.9)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Martin County had **422** households with no vehicle and low access to a supermarket or large grocery store.*

**COMMUNITY AVAILABILITY**

In 2011, Martin County had:

- **4** Grocery stores (any kind)
- **3** Grocery/supermarkets (except convenience)
- **1** Convenience store (i.e. food marts – no gas)
- **16** Gasoline stations with convenience stores

In the county, there were:

- **1** Roadside market that served the county
- **1** Farmers market location
- **26** SNAP** authorized stores (food stamps)
- **5** WIC*** authorized stores

In 2011, there were **$240,281.84** in SNAP redemptions/per SNAP authorized store in Martin County.

**FOOD ASSISTANCE**

In Martin County...

- **1,434** was the average monthly number of children who received SNAP** (food stamps) in 2011, down from **1,449** children in 2007 (down 1.0%).
- **69.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **2,226** SNAP cases and the monthly SNAP benefit level was **$255.33**.

Martin County is served by God’s Pantry Food Bank of the Ky. Assoc. of Food Banks.

**As a result of participating in Martin County Extension programs:**

- **100** people are ready to enter the work force.
- **500** people utilized healthy food delivery systems and access points.
- **293** people who participated in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

**HOUSEHOLD INCOME**

**Median household income in past 12 months by age of householder in Martin County (2007-2011)**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Martin County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$21,959</td>
<td>$28,551</td>
<td>$20,878</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$17,626 (+/- $5,862)</td>
<td>$17,626 (+/- $4,068)</td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SOURCES**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
8. Kids Count Data Center, KY Youth Advocates.
10. The Special Supplemental Nutrition Program for Women, Infants and Children

* Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.

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**As a result of participating in Martin County Extension programs:**

- **320** people made lifestyle changes to improve health.
- **800** people increased knowledge of healthy food consumption.
- **720** families/caregivers reported eating more healthy foods.

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* Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.