



MARTIN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

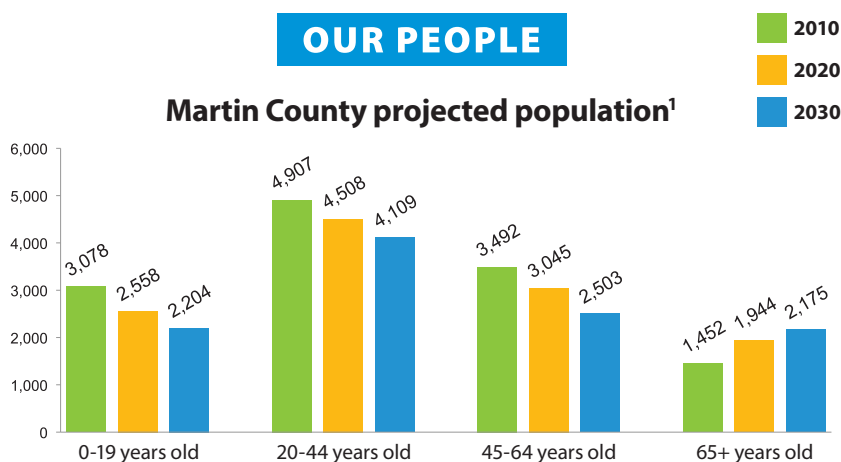
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Martin County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Martin County projected population¹



SPOTLIGHT ON ...

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.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ indicates that in 2010, Martin County had **422** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **100 people are ready to enter the work force.** people demonstrated an increase in practical living skills.
- **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.

COMMUNITY AVAILABILITY

In 2011, Martin County had:

- **4** Grocery stores (any kind)⁵
 - **3** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **16** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **1** Farmers market location⁷
- **26** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$240,281.84** in SNAP redemptions/per SNAP authorized store in Martin County.⁴

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

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

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%**).⁹
- **69.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,226** SNAP cases and the monthly SNAP benefit level was **\$255.33**.⁸

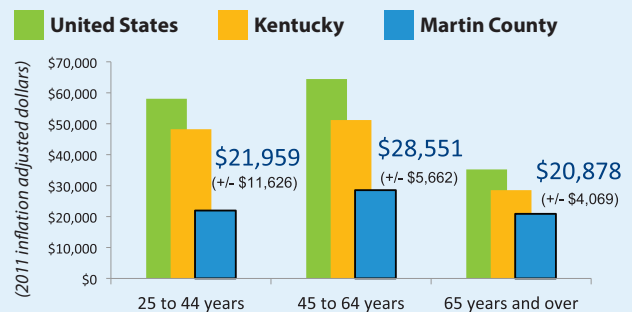
Martin County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **217** people supplemented their diets with healthy foods they produced or preserved.
- **850** youth increased their knowledge of healthy food consumption.
- **520** youth reported eating more healthy foods.

HOUSEHOLD INCOME

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