Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Mason 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 5,564 contacts with Mason County individuals and families.

**MASON COUNTY**

Rachael Price, County Extension Agent, Family and Consumer Sciences

**BUILDING STRONG FAMILIES FOR KENTUCKY 2014**

**OUR FOCUS**

- **BETTER RESOURCE MANAGEMENT**

Mason County projected population

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years</td>
<td>4,672</td>
<td>4,687</td>
<td>4,788</td>
</tr>
<tr>
<td>20-44 years</td>
<td>6,081</td>
<td>6,172</td>
<td>6,534</td>
</tr>
<tr>
<td>45-64 years</td>
<td>4,932</td>
<td>4,961</td>
<td>4,959</td>
</tr>
<tr>
<td>65+ years</td>
<td>2,845</td>
<td>2,889</td>
<td>3,562</td>
</tr>
</tbody>
</table>

**OUR PEOPLE**

**SPOTLIGHT ON ...**

**LAST YEAR,** 4,332 people received Supplemental Nutrition Assistance Program (SNAP) benefits in Mason County (Kentucky Cabinet for Health and Family Services, 2012). The local SNAP office staff worked with the Mason County Expanded Food and Nutrition Education Program (EFNEP) assistant to incorporate proper nutrition and budgeting into a 30-day job readiness program for individuals receiving SNAP benefits. EFNEP staff conducted sessions including such topics as menu planning, budgeting, food safety, label reading, and hands-on cooking skills. All program participants demonstrated at least one positive change. Of those completing the program, 67 percent reported improvement in their resource management by planning meals, using coupons and comparing prices.

http://hes.uky.edu/StrongFamilies
**Family Access**

According to the 2007-2011 American Community Survey, in Mason County…

- 23.0% (+/- 6.0) of families with children were below poverty
- 11.3% (+/- 4.2) of those ages 65 and over were below poverty
- 18.7% (+/- 2.3) of households had retirement income
- 7.0% (+/- 1.9) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Mason County had 2,176 people, 517 children and 326 seniors with low access to a supermarket or large grocery store.*

In addition, 893 residents had both low income and low access to stores.

As a result of participating in Mason County Extension programs:

- 155 people demonstrated an increase in practical living skills.
- 86 people utilized healthy food delivery systems and access points.
- 42 people were involved in addressing community issues.

**Community Availability**

In 2011, Mason County had:

- 6 Grocery stores (any kind)
  - 5 Grocery/supermarkets (except convenience)
  - 1 Convenience store (i.e. food marts – no gas)
- 17 Gasoline stations with convenience stores

In the county, there were:

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

In 2011, there were $398,749.01 in SNAP redemptions per SNAP authorized store in Mason County.

**Food Assistance**

In Mason County…

- 1,577 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,209 children in 2007 (up 30.4%).
- 58.0% of students attending public schools were eligible for free or reduced-price meals.
- There were 2,129 SNAP cases and the monthly SNAP benefit level was $260.53.

Mason County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.

As a result of participating in Mason County Extension programs:

- 33 people adopted practices to increase food access and affordability.
- 607 families/caregivers were reached with information on accessing healthy foods.
- 210 youth increased their knowledge of healthy food consumption.

**Household Income**

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Mason County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$47,875</td>
<td>$46,778</td>
<td>$28,276</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$46,778</td>
<td>$46,778</td>
<td>$28,276</td>
</tr>
<tr>
<td>65 years and over</td>
<td>$28,276</td>
<td>$28,276</td>
<td>$28,276</td>
</tr>
</tbody>
</table>

As a result of participating in Mason County Extension programs:

- 300 people increased knowledge of healthy food consumption.
- 380 people increased knowledge of lifestyle changes to improve personal health.
- 157 people reported eating more healthy foods.