



MASON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

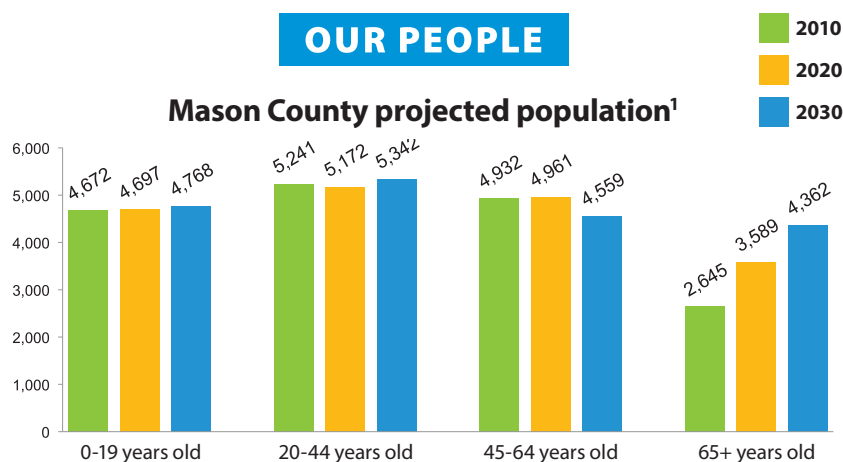
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Mason County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Mason County projected population¹



SPOTLIGHT ON ...

BETTER RESOURCE MANAGEMENT

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,³ 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 Atlas⁴ 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:²

- **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
 - **5** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **17** Gasoline stations with convenience stores⁵

In the county, there were:

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

In 2011, there were **\$398,749.01** in SNAP redemptions/per SNAP authorized store in Mason County.⁴

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

- **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.

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%**).⁹
- **58.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,129** SNAP cases and the monthly SNAP benefit level was **\$260.53**.⁸

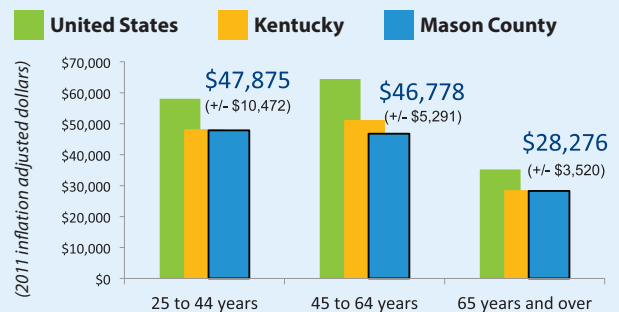
Mason County is served by Freestore Foodbank of the Ky. Assoc. of Food Banks.¹⁰

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

- **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)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