Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Owen 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 22,096 contacts with Owen County individuals and families.

Since 2003, a farm and craft market has provided an outlet for Owen County farmers and crafters. Interest in building community food systems is significant, as more vendors and consumers than ever are participating on a regular basis. Owen County FCS staff features a local commodity at the market each week using "Plate It Up! Kentucky Proud" materials. Vendors report increased sales of the produce featured by FCS staff, confirming consumer survey indicators that 48 percent report using the recipes. Vendors also reported an increase in the use of WIC/Senior Citizen vouchers and estimated seasonal sales of $30,000. Surveys at the local market showed that 99 percent of the consumers increased their family's consumption of fruits and vegetables as a result of the farmers market.

http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Owen County…

- **16.4% (+/- 5.6)** of families with children were below poverty
- **12.7% (+/- 5.0)** of those ages 65 and over were below poverty
- **22.3% (+/- 3.0)** of households had retirement income
- **4.1% (+/- 1.4)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Owen County had 753 people, 194 children and 80 seniors with low access to a supermarket or large grocery store.

In addition, 187 residents had both low income and low access to stores.

### As a result of participating in Owen County Extension programs:

- **250** people demonstrated an increase in practical living skills.
- **100** people utilized healthy food delivery systems and access points.
- **200** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

### COMMUNITY AVAILABILITY

In 2011, Owen County had:

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

In the county, there were:

- **4** Roadside markets that served the county
- **3** Farmers market locations
- **9** SNAP** authorized stores (food stamps)
- **4** WIC*** authorized stores

In 2011, there were $171,171.50 in SNAP redemptions/per SNAP authorized store in Owen County.

### HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Owen County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$50,856 (+/- $8,291)</td>
<td>$53,750 (+/- $7,963)</td>
<td>$26,314 (+/- $4,291)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### FOOD ASSISTANCE

In Owen County...

- **823** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 646 children in 2007 (up 27.4%).
- **60.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **958** SNAP cases and the monthly SNAP benefit level was $284.77.

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

### As a result of participating in Owen County Extension programs:

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

### SOURCES

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
10. Kids Count Data Center, KY Youth Advocates.

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