



OWSLEY COUNTY

Natasha Lucas,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

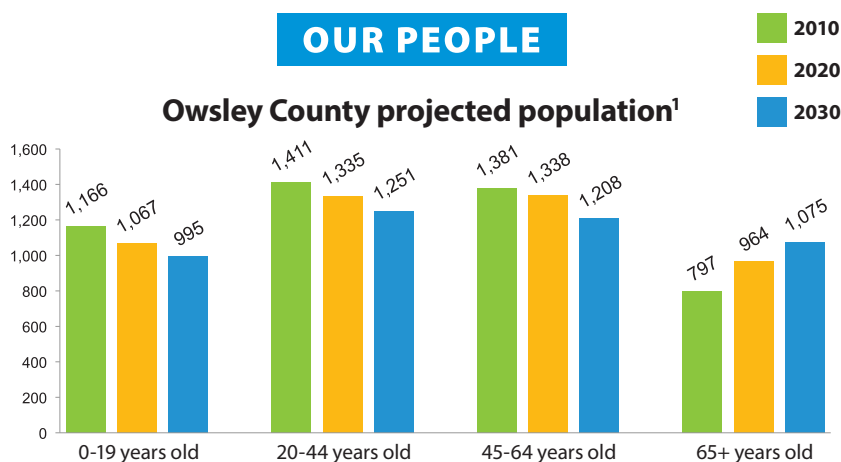
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Owsley County. To help families make wise decisions, our educational programs focus on:

- **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 **30,200** contacts with Owsley County individuals and families.²

OUR PEOPLE

Owsley County projected population¹



SPOTLIGHT ON ...

CONTAINER GARDENING

For one of the poorest counties in the nation, gardening is one way to increase self-sufficiency, save food dollars and ensure that families eat produce that has been grown and handled properly. The Owsley County Extension Service provided 22 workshops on home gardening, reaching 358 individuals. Post-program surveys of the participants revealed: 100 percent believed they could save money by growing produce and all planned to try container gardening; 62 percent planned to plant produce in a raised bed; and 80 percent planned to cook with the fresh herbs they would grow. After approximately four months, a follow-up evaluation indicated that 75 percent of the participants surveyed followed through on their plans to grow plants in a container garden and 44 percent created a raised bed for gardening.

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

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Owsley County...

- **44.4%** (+/-16.4) of families with children were below poverty
- **32.2%** (+/-11.6) of those ages 65 and over were below poverty
- **21.5%** (+/-5.8) of households had retirement income
- **14.4%** (+/-4.9) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Owsley County had **180** households with no vehicle and low access to a supermarket or large grocery store.*

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

- **6,332** people demonstrated an increase in practical living skills.
- **300** people utilized healthy food delivery systems and access points.
- **1,676** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Owsley County had:

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

In the county, there were:

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

In 2011, there were **\$176,560.74** in SNAP redemptions/per SNAP authorized store in Owsley County.⁴

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

- **780** people made lifestyle changes to improve health.
- **10,251** people increased knowledge of healthy food consumption.
- **1,030** people made lifestyle changes to improve personal health.

FOOD ASSISTANCE

In Owsley County...

- **656** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **631** children in 2007 (**up 4.0%**).⁹
- **88.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,467** SNAP cases and the monthly SNAP benefit level was **\$221.04**.⁸

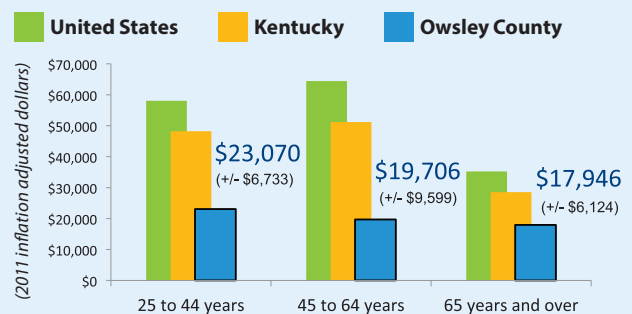
Owsley County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **2,642** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **6,850** families/caregivers were reached with information on accessing healthy foods.
- **6,200** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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