Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Powell 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 18,394 contacts with Powell County individuals and families.

According to the Kentucky Institute of Medicine, Powell County is the 11th least healthy county in the Commonwealth. To address personal behaviors and social factors contributing to poor health, the Powell County Family and Consumer Sciences agent partnered with Kentucky River Foothills to present a 10-week program focusing on healthy weight, physical activity, and accessing nutritious foods. Thirty-nine participants enrolled and 22 completed the 10-week series. A total of 195 pounds were lost during the program. Participants credit the program with the knowledge and motivation for continuing to work toward their goals one pound at a time.

http://hes.uky.edu/StrongFamilies

[Population Projection Chart]

A

http://hes.uky.edu/StrongFamilies

BUILDING STRONG FAMILIES
FOR KENTUCKY 2014
In Powell County…

• 1,468 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,328 children in 2007 (up 10.5%).

• 72.0% of students attending public schools were eligible for free or reduced-price meals.

• There were 2,261 SNAP cases and the monthly SNAP benefit level was $260.29.

Powell County is served by God’s Pantry Food Bank of the Ky. Assoc. of Food Banks.

As a result of participating in Powell County Extension programs:

• 1,200 people made lifestyle changes to improve health.
• 1,800 people increased knowledge of healthy food consumption.
• 850 people reported eating more healthy foods.

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

• 32.6% (+/- 9.8) of families with children were below poverty
• 24.7% (+/- 7.6) of those ages 65 and over were below poverty
• 18.3% (+/- 3.2) of households had retirement income
• 11.0% (+/- 2.8) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Powell County had 229 households with no vehicle and low access to a supermarket or large grocery store.*

As a result of participating in Powell County Extension programs:

• 800 people demonstrated an increase in practical living skills.
• 755 people utilized healthy food delivery systems and access points.
• 227 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

In 2011, Powell County had:

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

In the county, there were:

• 2 Roadside markets that served the county
• 2 Farmers market locations
• 26 SNAP** authorized stores (food stamps)
• 5 WIC*** authorized stores

In 2011, there were $274,562.92 in SNAP redemptions/per SNAP authorized store in Powell County.

As a result of participating in Powell County Extension programs:

• 300 people adopted practices to increase food access and affordability.
• 2,500 families/caregivers were reached with information on accessing healthy foods.
• 1,000 youth increased their knowledge of healthy food consumption.

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

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

United States Kentucky Powell County

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>Median Income</th>
<th>2011 Inflation Adjusted Dollars</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$39,667</td>
<td>$39,667 (-$/14,427)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$32,532</td>
<td>$32,532 (+$/8,002)</td>
</tr>
<tr>
<td>65 years and over</td>
<td>$20,464</td>
<td>$20,464 (+$/4,928)</td>
</tr>
</tbody>
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SOURCES
1 Kentucky State Data Center
2 Kentucky Cooperative Extension Service Reporting, FY 2013
3 2007-2011 American Community Survey, 5-Year Estimates
6 Kentucky Farm Bureau.
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