



POWELL COUNTY

Pamela Dooley,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

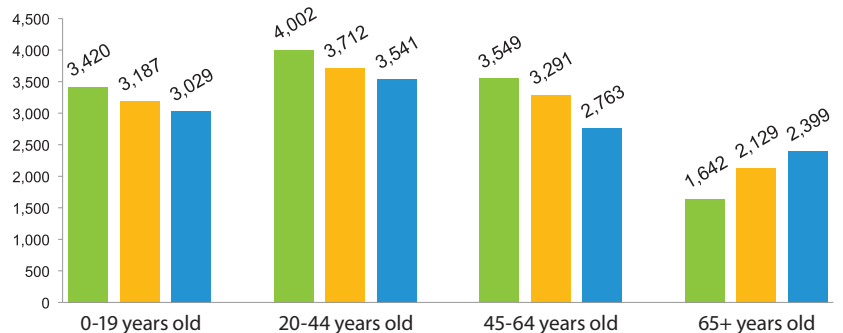
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Powell County. To help families make wise decisions, our educational programs focus on:

- **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.²

OUR PEOPLE

Powell County projected population¹



SPOTLIGHT ON ...

WEIGHT REALITY

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>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ 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 Atlas⁴ 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:²

- **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.

COMMUNITY AVAILABILITY

In 2011, Powell County had:

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

In the county, there were:

- **2** Roadside markets that served the county⁶
- **2** Farmers market locations⁷
- **26** SNAP** authorized stores (food stamps)⁴
- **5** WIC*** authorized stores⁴

In 2011, there were **\$274,562.92** in SNAP redemptions/per SNAP authorized store in Powell County.⁴

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

- **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.

FOOD ASSISTANCE

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%**).⁹
- **72.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,261** SNAP cases and the monthly SNAP benefit level was **\$260.29**.⁸

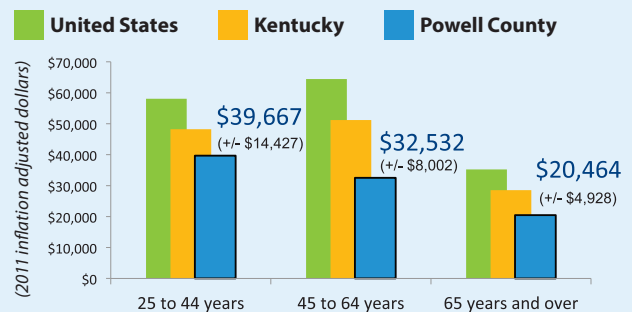
Powell County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **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.

HOUSEHOLD INCOME

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