BUILDING STRONG FAMILIES
IN POWELL COUNTY

Agent Position Vacant
There is currently no County Extension Agent for Family and Consumer Sciences Education in Powell County.

OUR FOCUS
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS
In 2016-2017, Cooperative Extension made 41,674 contacts with individuals and families in Powell County.¹

A HEALTHIER KENTUCKY
Making healthy lifestyle choices

80% of counties in Kentucky implemented programs promoting healthy lifestyle choices.¹

86% of counties in Kentucky implemented programs promoting healthy homes and communities.¹

Easy access to unhealthy foods, increased stress, and limited opportunities for physical activity all create challenges and barriers for Kentucky families in making healthy lifestyle choices. Family and Consumer Sciences (FCS) Extension programming through the University of Kentucky teaches families to improve health and well-being by choosing a nutritious diet, increasing health literacy to help prevent chronic diseases, or participating in regular physical activity. Our goal is to equip citizens with the knowledge, resources, and an environment where the healthy choice is the easy choice.

Number of farmers market locations by Kentucky county²
- 0 (7 counties)
- 1-2 (73 counties)
- 3-4 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)
Food Environment

**OUR COUNTY**

- Powell County had 4 supermarkets and other grocery stores and 10 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 2,200 individuals were food insecure in Powell County.4
- Only 10.6% (26.6%-3.8%) of adults in Powell County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

18% of the population in Powell County were estimated to be food insecure in 2015.4

Physical Environment

**OUR COUNTY**

- According to the CDC’s County Diabetes Atlas, 36.3% (44.0%-28.9%) of adults 18 years and over in Powell County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 30.3% (38.7%-22.6%) of adults in Powell County reported no leisure-time exercise in the past month.6
- There was 1 fitness and recreation business in Powell County in 2015.3

82% of the population in Powell County had adequate access to locations for physical activity in 2014.7

Financial Environment

**OUR COUNTY**

- The median household income in Powell County was $34,510 ($37,995-$31,025) in 2015.8
- In Powell County, 364 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 3,742 SNAP/food stamp recipients.10
- 20.1% (+/-6.4%) of people age 65 and over were below poverty between 2011-201511 and 38.6% (47.8%-29.4%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 4.5% (+/-2.8%) of full-time/full-year workers were below poverty.11

39% of all children in Powell County ages 17 and under were below poverty in 2015.8

**SOURCES:**

1 Kentucky Cooperative Extension Reporting, FY 2017
3 U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
4 Map the Meal Gap 2017. (map.feedingamerica.org)
5 Kentucky Health Facts. (www.kentuckyhealthfacts.org)
7 Robert Wood Johnson Foundation 2016 County Health Rankings. (www.countyhealthrankings.org)
9 Kids Count Data Center. (datacenter.kidscount.org)
11 2015 American Community Survey 5-year Estimates, U.S. Census Bureau. (factfinder.census.gov)
12 Margin of error: (+/-31%-48%)

For more information and to download this and other county profiles, visit hes.uky.edu/StrongFamilies

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