Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Adair 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 live independently longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** that 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 2013-2014, Family and Consumer Sciences Extension made 8,343 contacts with Adair County individuals and families.

According to the Kids Count Data Center, Adair County’s obesity rate is 14.9%. Research has shown there is a natural link between nutrition, physical activity, and reading. The Adair County Cooperative Extension agent for Family and Consumer Sciences visited Head Start monthly to read stories that introduced nutritious foods, concepts for staying healthy, and physical activity. Students engaged in physical activities and food tastings that focused on fruits and vegetables. As a result of the program, teachers reported that 90% of students participated in physical activity at home; 80% would like to try a particular fruit or vegetable at home, and 90% were able to name at least one or more health benefits of physical activity and eating nutritious foods.

http://hes.uky.edu/StrongFamilies
Housing has long been recognized as a basic human need. Yet, because housing is often a family’s largest expense and largest debt, it can be a stumbling block for many. Safe, lower-cost housing options are often limited for struggling families, and this can lead them into crisis. Family and Consumer Sciences Extension helps people improve home safety, lessen their environmental footprint, and strengthen financial stability. It also helps communities promote healthy lifestyles throughout the lifespan by supporting strong family home environments. Please tell us ways you think we can do more.

**AVAILABILITY**

In 2010, in Adair County, there were...
- 1,860 renter households
- 5,425 homeowner households
- 179 vacant housing units for rent
- 119 vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, 161 children were homeless or were precariously housed in Adair County.

<table>
<thead>
<tr>
<th>Number of households by housing type* in Adair County (2010)³</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Owner Occupied</strong></td>
</tr>
<tr>
<td>Husband/wife family (with or without children)</td>
</tr>
<tr>
<td>Single householder family</td>
</tr>
<tr>
<td>Living alone, with roommates, etc.</td>
</tr>
<tr>
<td><strong>Renter Occupied</strong></td>
</tr>
<tr>
<td>Husband/wife family (with or without children)</td>
</tr>
<tr>
<td>Single householder family</td>
</tr>
<tr>
<td>Living alone, with roommates, etc.</td>
</tr>
</tbody>
</table>

**AFFORDABILITY**

According to American Community Survey estimates for Adair County, in 2008-2012...
- 30.2% (+/- 9.3) of renter households paid 35% or more of their income for rent and utilities
- 24.3% (+/- 4.6) of homeowner households with a mortgage and 13.4% (+/- 4.6) of homeowner households without a mortgage paid 35% or more of their income for housing costs
- 48.0% (+/- 3.5) of homeowner households did not have a mortgage
- 21.3% (+/- 2.7) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, 27.1% (+/- 5.1) of residents in the county were living below poverty.

In 2013, residents needed to earn $10.87 an hour (or work 1.5 jobs at $7.25 an hour**) to afford a two-bedroom apartment at Fair Market Rent in Adair County.

**HEALTH AND SAFETY**

In Adair County, it is estimated that in 2008-2012...
- Half of all renter-occupied housing was built before 1978 (+/- 4 years)
- Half of all owner-occupied housing was built before 1979 (+/- 2 years)

According to 2008-2012 American Community Survey estimates in Adair County...
- 3.1% (+/- 1.3) of all households had no landline or cell phone
- 39.4% (+/- 4.4) of workers living in Adair County worked in Kentucky but outside the county and 2.2% (+/- 1.2) worked outside the state
- Half of all workers traveled 25.0 (+/- 1.9) or more minutes to work

**Estimated percentage of households without a vehicle (2008-2012)**

- 2.4 - 5.4%
- 5.6 - 7.9%
- 8.2 - 11.1%
- 11.4 - 15.5%

**SOURCES:**
1. Kentucky Cooperative Extension reporting. FY 2014
2. 2008-2012 American Community Survey 5-Year Estimates, U.S. Census Bureau
3. 2010 Decennial Census, U.S. Census Bureau
4. Kentucky Dept. of Education http://education.ky.gov/federal/progs/txc/Pages/TX-Docs.aspx (Data for school districts were combined to produce the county total.)
5. Small Area Income and Poverty Estimates, U.S. Census Bureau
6. Out Of Reach 2014. National Low Income Housing Coalition
7. Data refer to housing tenure (owner or renter).
8. **The current federal minimum wage**