



## CHRISTIAN COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2015



### OUR FOCUS

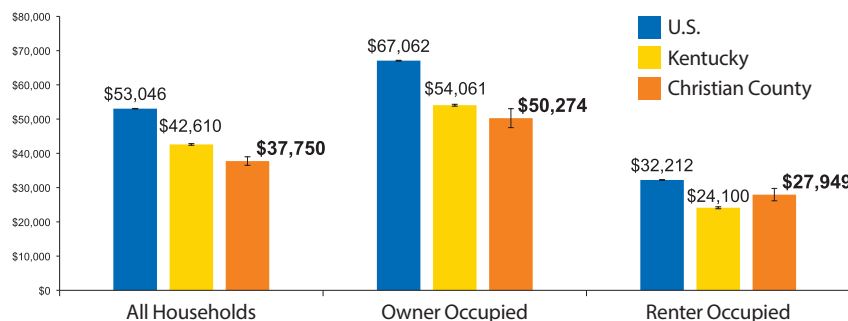
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Christian County. To help families make wise decisions, our educational programs focus on:

- **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 **14,858** contacts with Christian County individuals and families.<sup>1</sup>

### OUR PEOPLE

Median household income by housing type\* (2008-2012)<sup>2</sup>



### SPOTLIGHT ON ...

## MOVE!

**O**besity is a major issue in Christian County, where 30% of the population has a body mass index of 30 or greater. To address the issue, the Christian County Cooperative Extension Service collaborated with the Christian County Health Department to offer an eight-week MOVE!, a weight management program designed for veterans. The program teaches individuals to live a healthier lifestyle by increasing physical activity and making healthier food choices. A different topic related to nutrition and physical activity was taught each week and homework assignments were given to the 30 participants. Participants who completed the program lost an average of 2.65 pounds and 1.89 inches off their waist. The most successful participant lost 11.6 pounds for a body weight loss of 4.7 percent.

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

**H**ousing 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.

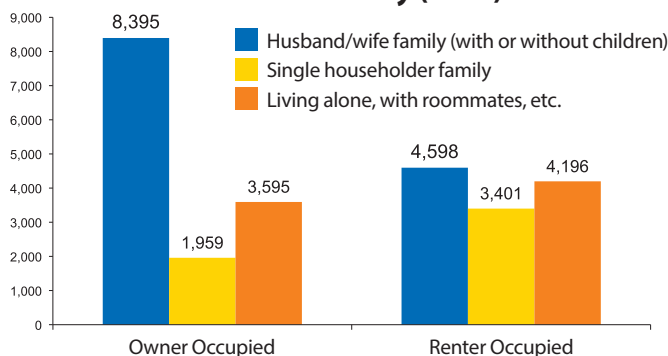
## AVAILABILITY

In 2010, in Christian County, there were...<sup>3</sup>

- **12,195** renter households
- **13,949** homeowner households
- **1,384** vacant housing units for rent
- **355** vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, **373** children were homeless or were precariously housed in Christian County.<sup>4</sup>

**Number of households by housing type\* in Christian County (2010)<sup>3</sup>**



## HEALTH AND SAFETY

In Christian County, it is estimated that in 2008-2012...<sup>2</sup>

- half of all renter-occupied housing was built before **1976** (+/- 2 years)
- half of all owner-occupied housing was built before **1979** (+/- 2 years)

According to 2008-2012 American Community Survey<sup>2</sup> estimates in Christian County...

- **6.4%** (+/- 1.1) of all households had no landline or cell phone
- **4.2%** (+/- 0.7) of workers living in Christian County worked in Kentucky but outside the county and **10.4%** (+/- 1.5) worked outside the state
- Half of all workers traveled **17.9** (+/- 0.9) or more minutes to work

## AFFORDABILITY

According to American Community Survey estimates for Christian County, in 2008-2012...<sup>2</sup>

- **37.8%** (+/- 3.3) of renter households paid **35%** or more of their income for rent and utilities
- **23.9%** (+/- 2.9) of homeowner households with a mortgage and **8.9%** (+/- 2.0) of homeowner households without a mortgage paid **35%** or more of their income for housing costs
- **38.8%** (+/- 2.3) of homeowner households did not have a mortgage
- **9.7%** (+/- 1.0) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, **22.0%** (+/- 3.1) of residents in the county were living below poverty.<sup>5</sup>

In 2013, residents needed to earn **\$14.75** an hour (or work **2.0** jobs at \$7.25 an hour\*\*) to afford a two-bedroom apartment at Fair Market Rent in Christian County.<sup>6</sup>

**Estimated percentage of households without a vehicle (2008-2012)<sup>2</sup>**



American Community Survey 5-year estimates

### SOURCES:

<sup>1</sup> Kentucky Cooperative Extension reporting, FY 2014

<sup>2</sup> 2008-2012 American Community Survey 5-Year

Estimates, U.S. Census Bureau

<sup>3</sup> 2010 Decennial Census, U.S. Census Bureau

<sup>4</sup> 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.)

<sup>5</sup> Small Area Income and Poverty Estimates, U.S. Census Bureau

<sup>6</sup> Out Of Reach 2014, National Low Income Housing Coalition

\* Data refer to housing tenure (owner or renter).

\*\* The current federal minimum wage

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