Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Clark 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 12,572 contacts with Clark County individuals and families.

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### Spotlight on...

**Nutrition for Seniors**

According to the National Institutes of Health, research shows that it is important to choose a variety of healthy foods, avoid empty calories, and eat foods low in cholesterol and fat. A diet that follows these recommendations lowers the risk of heart disease, osteoporosis and certain types of cancers in later years. The Clark County FCS agent taught monthly nutrition lessons to help seniors learn the value of healthy eating habits. Lessons included food fats, whole grains, dairy, fiber, heart health, and fruits and vegetables. Response to follow-up questions found that 80% were eating more fruits and vegetables; 70% were making healthier food preparation choices; and 50% were increasing whole grain in their diets.

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**Median household income by housing type* (2008-2012)**

- **Owner Occupied**
  - U.S.: $67,062
  - Kentucky: $54,061
  - Clark County: $60,059

- **Renter Occupied**
  - U.S.: $32,212
  - Kentucky: $24,100
  - Clark County: $22,808
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 Clark County, there were…

- 4,604 renter households
- 9,663 homeowner households
- 550 vacant housing units for rent
- 249 vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, 18 children were homeless or were precariously housed in Clark County.

**AFFORDABILITY**

According to American Community Survey estimates for Clark County, in 2008-2012…

- 40.0% (+/- 5.6) of renter households paid 35% or more of their income for rent and utilities
- 18.6% (+/- 2.7) of homeowner households with a mortgage and 7.7% (+/- 3.0) of homeowner households without a mortgage paid 35% or more of their income for housing costs
- 33.4% (+/- 2.8) of homeowner households did not have a mortgage
- 9.0% (+/- 1.2) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, 14.8% (+/- 2.9) of residents in the county were living below poverty.

In 2013, residents needed to earn $13.79 an hour (or work 1.9 jobs at $7.25 an hour**) to afford a two-bedroom apartment at Fair Market Rent in Clark County.

**HEALTH AND SAFETY**

In Clark County, it is estimated that in 2008-2012…

- half of all renter-occupied housing was built before 1972 (+/- 3 years)
- half of all owner-occupied housing was built before 1980 (+/- 2 years)

According to 2008-2012 American Community Survey estimates in Clark County…

- 2.9% (+/- 1.0) of all households had no landline or cell phone
- 45.4% (+/- 2.9) of workers living in Clark County worked in Kentucky but outside the county and 1.0% (+/- 0.4) worked outside the state
- Half of all workers traveled 23.4 (+/- 1.1) or more minutes to work

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**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/chc/Pages/TK-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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.