Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Graves 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 7,693 contacts with Graves County individuals and families.

**BIGGEST LOSER CHALLENGE**

Obesity threatens quality of life for Kentuckians by increasing the risk for many chronic health problems. Some 30% of Kentuckians report no leisure-time physical activity. The FCS agent organized a 10-week Biggest Loser Challenge to help fight the obesity problem. The “Weight: The Reality Series” and the USDA dietary guidelines were used as educational materials. Group support, recipe demonstrations, and weekly weigh-ins helped drive changes and weight loss. Participants earned points by attending twice weekly sessions. Of the 33 people who signed up, 18 completed the challenge. A poll showed that 7% of participants were first time users of Extension; 100% indicated they were making healthier food choices; 97% were exercising more; and 100% were driven to continue with positive behaviors. Challengers lost a total of 108 pounds.
In Graves 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 1976 (+/- 2 years)

According to 2008-2012 American Community Survey estimates in Graves County…
• 2.7% (+/- 0.9) of all households had no landline or cell phone
• 30.7% (+/- 2.4) of workers living in Graves County worked in Kentucky but outside the county and 4.0% (+/- 1.1) worked outside the state
• Half of all workers traveled 22.3 (+/- 1.1) or more minutes to work

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/che/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
* Data refer to housing tenure (owner or renter).
** The current federal minimum wage