

**HARDIN COUNTY**  
Family and Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2015



## OUR FOCUS

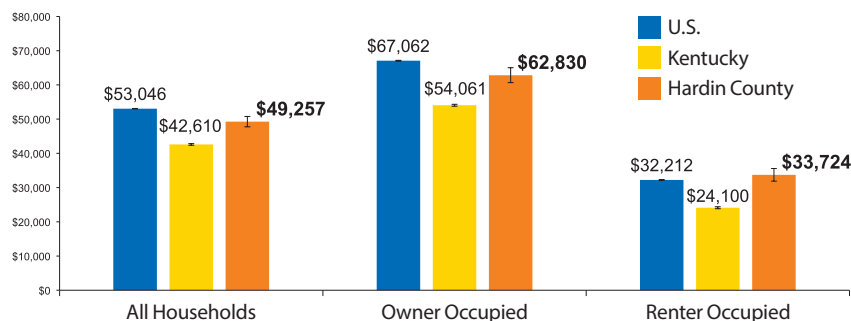
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hardin County. To help families make wise decisions, our educational programs focus on:

- **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 **31,756** contacts with Hardin County individuals and families.<sup>1</sup>

## OUR PEOPLE

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



## SPOTLIGHT ON ...

### NUTRITION EDUCATION PROGRAM

**T**he Expanded Food and Nutrition Education Program (EFNEP) in Hardin County teaches limited-resource mothers with young children how to improve the nutritional quality of meals, to safely prepare meals, and boost food-related resources. Of the 56 EFNEP graduate families, 98% showed a positive change in their eating patterns as a result of skills and behaviors taught through EFNEP. According to data from a University of Kentucky Food and Nutrition specialist, each person who received training about foodborne illness prevention saves Kentucky an estimated \$1,000 in health care costs. Behavior checklists completed before and after the program showed that 56 Hardin County EFNEP participants reported food safety improvement practices, potentially saving Kentucky \$56,000.

<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.

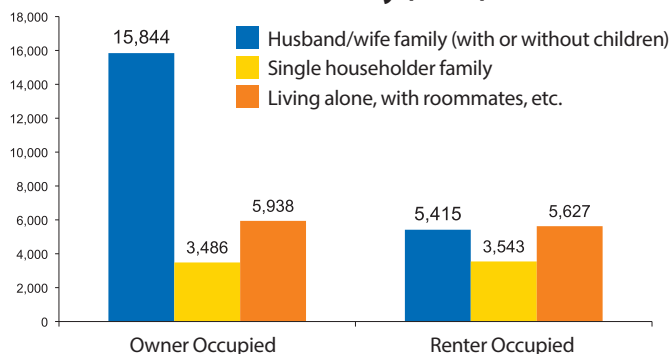
## AVAILABILITY

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

- **14,585** renter households
- **25,268** homeowner households
- **1,047** vacant housing units for rent
- **689** vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, **292** children were homeless or were precariously housed in Hardin County.<sup>4</sup>

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



## HEALTH AND SAFETY

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

- half of all renter-occupied housing was built before **1984** (+/- 2 years)
- half of all owner-occupied housing was built before **1984** (+/- 1 years)

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

- **2.3%** (+/- 0.5) of all households had no landline or cell phone
- **13.0%** (+/- 1.1) of workers living in Hardin County worked in Kentucky but outside the county and **2.3%** (+/- 0.5) worked outside the state
- Half of all workers traveled **21.4** (+/- 0.6) or more minutes to work

## AFFORDABILITY

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

- **32.2%** (+/- 3.1) of renter households paid **35%** or more of their income for rent and utilities
- **18.8%** (+/- 1.9) of homeowner households with a mortgage and **5.7%** (+/- 1.4) of homeowner households without a mortgage paid **35%** or more of their income for housing costs
- **30.3%** (+/- 1.9) of homeowner households did not have a mortgage
- **11.8%** (+/- 1.1) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, **15.1%** (+/- 2.3) of residents in the county were living below poverty.<sup>5</sup>

In 2013, residents needed to earn **\$11.25** an hour (or work **1.6** jobs at \$7.25 an hour\*\*) to afford a two-bedroom apartment at Fair Market Rent in Hardin County.<sup>6</sup>

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



### 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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