



BOURBON COUNTY

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Building Strong Families FOR KENTUCKY 2016



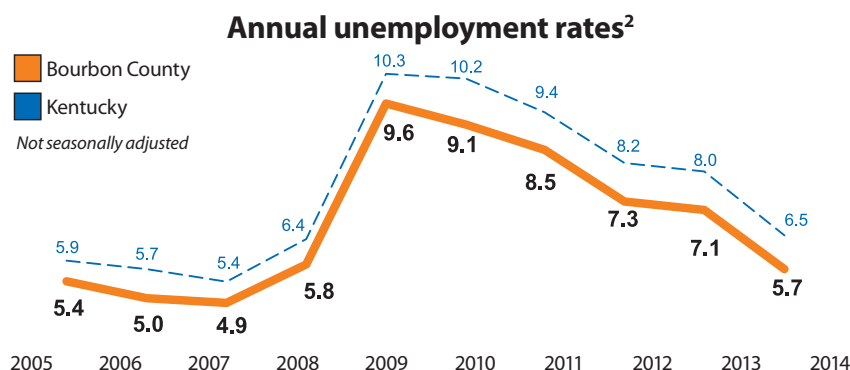
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Bourbon County. To help Kentuckians strengthen their financial, physical, and social well-being, 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 2014-2015, Family and Consumer Sciences Extension made **13,638** contacts with Bourbon County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

POSITIVE CHANGE THROUGH SNAP-ED

The Supplemental Nutrition Assistance Program (SNAP-Ed) in Bourbon County teaches limited-resource families skills to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of the 49 graduate families, all showed a positive change in their eating habits as a result of learning and building skills and behaviors taught through SNAP-Ed. Comparing behaviors before and after the nutrition program indicated that 96% learned to thaw foods properly and 77% now plan meals and shop with a grocery list.

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

FINANCIAL WELL-BEING

In Bourbon County, the median household income in 2013 was **\$40,045 (+/- \$3,631)** compared to \$43,307 (+/- \$631) for the state.³

The American Community Survey estimates that between 2009-2013:⁴

- **22.7% (+/-5.0)** of families with related children were below poverty
- **8.3% (+/-3.2)** of people age 65 and over were below poverty
- **3.4% (+/-1.3)** of individuals working full time/full year in the previous 12 months were below poverty
- **58.2%** of students were eligible for free lunches and **5.4%** were eligible for reduced-price lunches in 2014-2015⁵

As a result of participating in Bourbon County Extension programs:¹

- **75** people demonstrated informed and effective decision-making.
- **150** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

According to the CDC's County Diabetes Atlas, in Bourbon County in 2012:⁶

- **14.0% (18.5%-10.4%)** of adults reported having been diagnosed with diabetes
- **34.0% (41.6%-26.9%)** of adults 18 years and over were obese
- **33.8% (42.1%-26.6%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Bourbon County:⁷

- **18.7% (29.8%-11.1%)** of adults reported fair or poor health

In Bourbon County:

- **75.8%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **33.5% (+/-4.8)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **23** deaths were from a drug overdose between 2009-2013⁹

As a result of participating in Bourbon County Extension programs:¹

- **100** people increased knowledge of lifestyle changes to improve personal health.
- **300** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

The American Community Survey estimates that between 2009-2013 in Bourbon County:⁴

- **28.3% (+/-1.4)** of households included one or more persons age 65 and over
- **278 (+/-100)** grandparents lived with and were responsible for their own grandchildren
- **68.7% (+/-11.0)** of children under 6 years and **70.8% (+/-7.1)** of children 6-17 years had all parents in the labor force
- **1,182 (+/-183)** of those age 5 and older spoke a language other than English at home
- **1,585 (+/-236)** civilian veterans lived in Bourbon County⁴

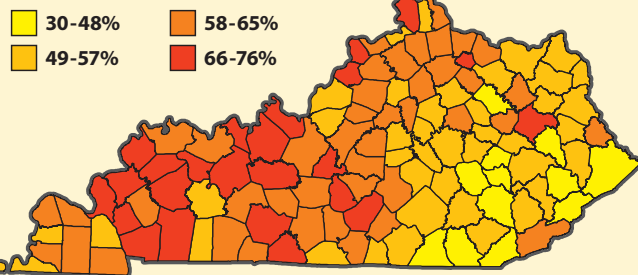
In Bourbon County:

- **21.6% (35.4%-12.1%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **65** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **47.9%** of those registered to vote did so in the 2014 General Election¹¹

As a result of participating in Bourbon County Extension programs:¹

- **100** people utilized skills learned through Extension programming.
- **800** people were reached with information related to health and safety.

Percent of child support collected (2014)¹⁰



SOURCES:

- ¹ Kentucky Cooperative Extension reporting, FY 2015
- ² Bureau of Labor Statistics, Local Area Unemployment
- ³ Small Area Income and Poverty Estimates, U.S. Census Bureau
- ⁴ 2013 American Community Survey 5-year estimates, U.S. Census Bureau
- ⁵ 2014-2015 Kentucky School Report Card, Kentucky Dept. of Education. (Data for school districts were combined to produce the county total.)
- ⁶ CDC County Diabetes Atlas
- ⁷ BRFSS/Health Indicators Warehouse
- ⁸ RWJF County Health Rankings. Adequate access is defined as living within 1/2 mile of a park and as living in a census tract less than 3 miles from a recreational facility for rural areas and less than 1 mile in urban areas.
- ⁹ Kentucky Injury Prevention and Research Center, 2015. "Drug Overdose Deaths in Kentucky, 2000-2013"
- ¹⁰ Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- ¹¹ Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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