

**BOYD COUNTY**  
Family and Consumer Sciences

# Building Strong Families

## FOR KENTUCKY 2016



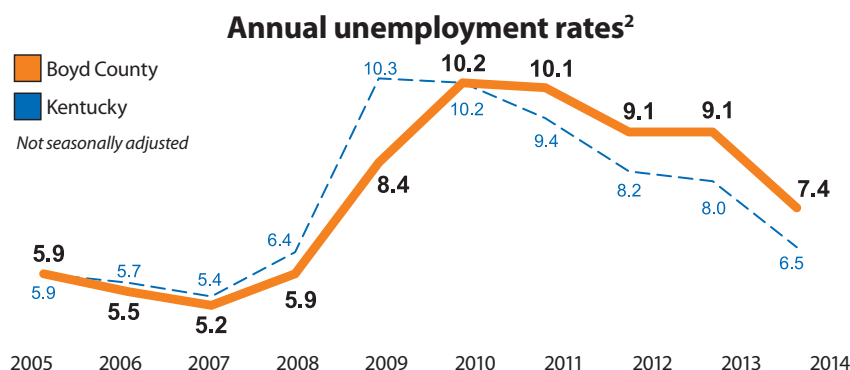
### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Boyd 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 **5,043** contacts with Boyd County individuals and families.<sup>1</sup>

### OUR PEOPLE



### SPOTLIGHT ON...

## MOTHERS LEARN ABOUT HEALTHY EATING

The Expanded Food and Nutrition Education Program (EFNEP) in Boyd County teaches limited-resource mothers with young children skills to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of the 97 EFNEP graduate families, 99% showed a positive change in eating habits as a result of learning and building skills and behaviors taught through EFNEP. Behavior checklists completed before and after the program showed that 63% improved their food safety knowledge and skills and 81% now read Nutrition Facts on food labels.

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

## FINANCIAL WELL-BEING

In Boyd County, the median household income in 2013 was **\$41,443 (+/- \$2,730)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

The American Community Survey estimates that between 2009-2013:<sup>4</sup>

- **23.7% (+/-3.0)** of families with related children were below poverty
- **9.6% (+/-2.0)** of people age 65 and over were below poverty
- **3.6% (+/-1.1)** of individuals working full time/full year in the previous 12 months were below poverty
- **54.8%** of students were eligible for free lunches and **6.6%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

### As a result of participating in Boyd County Extension programs:<sup>1</sup>

- **2,677** people demonstrated informed and effective decision-making.
- **1,294** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

According to the CDC's County Diabetes Atlas, in Boyd County in 2012:<sup>6</sup>

- **14.9% (17.4%-12.7%)** of adults reported having been diagnosed with diabetes
- **36.8% (40.8%-32.9%)** of adults 18 years and over were obese
- **30.4% (34.3%-26.9%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Boyd County:<sup>7</sup>

- **43.3% (48.7%-38.1%)** of adults reported having been diagnosed with high blood pressure
- **27.8% (31.3%-24.5%)** of adults reported fair or poor health

In Boyd County:

- **67.8%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **20.3% (+/-3.1)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **65** deaths were from a drug overdose between 2009-2013<sup>9</sup>

### As a result of participating in Boyd County Extension programs:<sup>1</sup>

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

## SOCIAL WELL-BEING

The American Community Survey estimates that between 2009-2013 in Boyd County:<sup>4</sup>

- **30.3% (+/-0.9)** of households included one or more persons age 65 and over
- **847 (+/-222)** grandparents lived with and were responsible for their own grandchildren
- **64.9% (+/-6.5)** of children under 6 years and **67.7% (+/-4.3)** of children 6-17 years had all parents in the labor force
- **952 (+/-220)** of those age 5 and older spoke a language other than English at home
- **4,336 (+/-318)** civilian veterans lived in Boyd County<sup>4</sup>

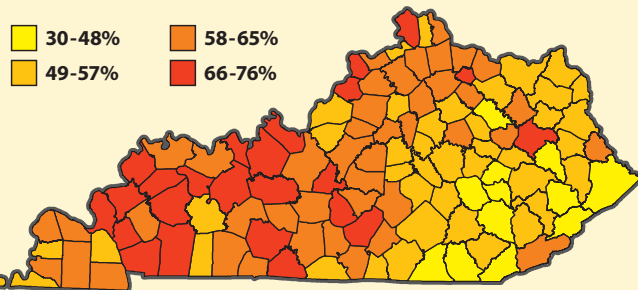
In Boyd County:

- **17.8% (21.6%-14.6%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **331** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **38.9%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

### As a result of participating in Boyd County Extension programs:<sup>1</sup>

- **26** adults reported increased leadership skills, knowledge or confidence.
- **237** people were reached with information related to health and safety.

### Percent of child support collected (2014)<sup>10</sup>



#### SOURCES:

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



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