

BREATHITT COUNTY

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Building Strong Families FOR KENTUCKY 2016



OUR FOCUS

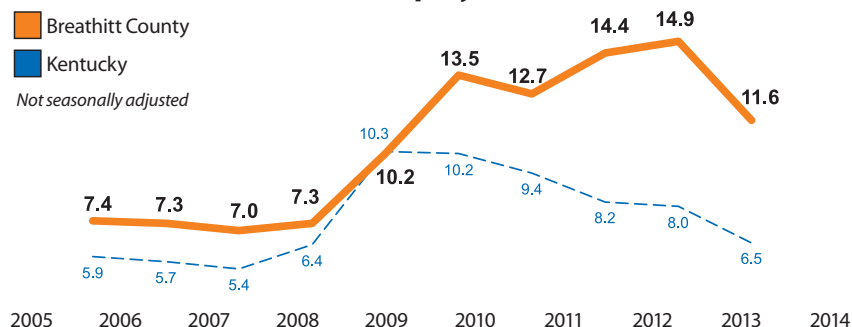
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Breathitt County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **20,233** contacts with Breathitt County individuals and families.¹

OUR PEOPLE

Annual unemployment rates²



SPOTLIGHT ON...

SNAP-ED IMPROVES NUTRITION KNOW-HOW

The Supplemental Nutrition Assistance Program (SNAP-Ed) in Breathitt County teaches families with limited resources the skills to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of 44 graduate families, all had 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 showed that 69% of the families increased their physical activity, 50% now use a grocery list and plan family meals, and 93% read Nutrition Facts on food labels.

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

FINANCIAL WELL-BEING

In Breathitt County, the median household income in 2013 was **\$26,869 (+/- \$2,504)** compared to \$43,307 (+/- \$631) for the state.³

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

- **40.2% (+/-6.8)** of families with related children were below poverty
- **22.7% (+/-5.1)** of people age 65 and over were below poverty
- **6.7% (+/-2.7)** of individuals working full time/full year in the previous 12 months were below poverty
- **71.4%** of students were eligible for free lunches and **4.3%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **15** people demonstrated informed and effective decision-making.
- **453** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **14.2% (17.6%-11.3%)** of adults reported having been diagnosed with diabetes
- **42.9% (48.5%-37.4%)** of adults 18 years and over were obese
- **33.2% (38.7%-27.9%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Breathitt County:⁷

- **42.6% (51.8%-33.9%)** of adults reported having been diagnosed with high blood pressure
- **34.7% (40.6%-29.2%)** of adults reported fair or poor health

In Breathitt County:

- **29.2%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **37.8% (+/-6.7)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **31** deaths were from a drug overdose between 2009-2013⁹

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

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

SOCIAL WELL-BEING

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

- **27.1% (+/-1.9)** of households included one or more persons age 65 and over
- **324 (+/-99)** grandparents lived with and were responsible for their own grandchildren
- **40.1% (+/-11.0)** of children under 6 years and **43.2% (+/-10.0)** of children 6-17 years had all parents in the labor force
- **226 (+/-86)** of those age 5 and older spoke a language other than English at home
- **566 (+/-104)** civilian veterans lived in Breathitt County⁴

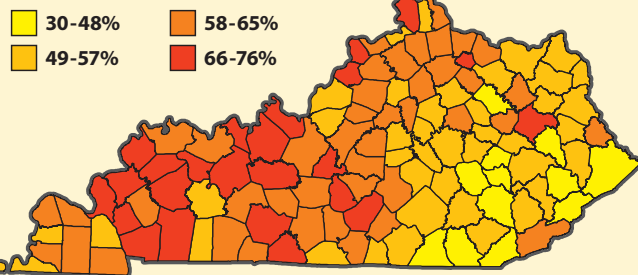
In Breathitt County:

- **26.7% (33.6%-20.7%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **63** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **41.5%** of those registered to vote did so in the 2014 General Election¹¹

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

- **18** adults reported increased leadership skills, knowledge or confidence.
- **2,078** 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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