

CALLOWAY COUNTY

Family and Consumer Sciences

Building Strong Families FOR KENTUCKY 2016



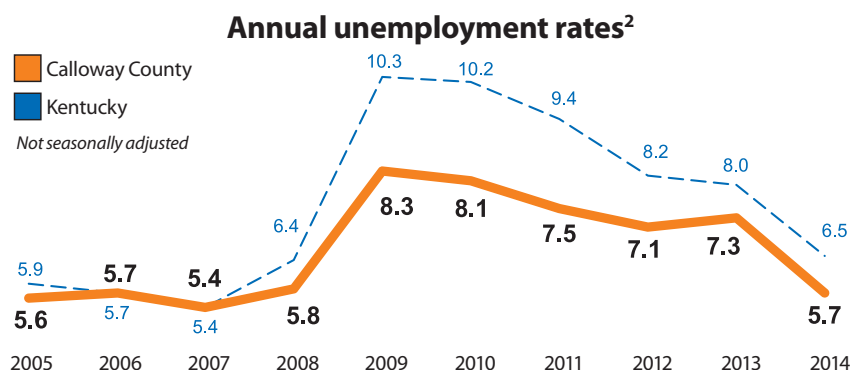
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Calloway 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 **7,469** contacts with Calloway County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

SNAP-ED IMPROVES NUTRITION

The Supplemental Nutrition Assistance Program (SNAP-Ed) in Calloway County teaches limited-resource families the skills to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of the 48 graduate families, 79% 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 28% shop with a grocery list, 27% increased their daily physical activity, and 30% now read Nutrition Facts on food labels.

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

FINANCIAL WELL-BEING

In Calloway County, the median household income in 2013 was **\$37,977 (+/- \$3,612)** compared to \$43,307 (+/- \$631) for the state.³

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

- **16.7% (+/-4.3)** of families with related children were below poverty
- **8.2% (+/-2.2)** of people age 65 and over were below poverty
- **3.4% (+/-1.5)** of individuals working full time/full year in the previous 12 months were below poverty
- **48.2%** of students were eligible for free lunches and **7.0%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **250** people demonstrated informed and effective decision-making.
- **1,144** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **10.2% (12.5%-8.1%)** of adults reported having been diagnosed with diabetes
- **28.1% (33.0%-23.7%)** of adults 18 years and over were obese
- **22.7% (26.9%-18.7%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Calloway County:⁷

- **34.6% (42.6%-27.4%)** of adults reported having been diagnosed with high blood pressure
- **18.6% (22.6%-15.1%)** of adults reported fair or poor health

In Calloway County:

- **65.1%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **19.2% (+/-3.1)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **27** deaths were from a drug overdose between 2009-2013⁹

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

- **1,250** children increased their level of physical activity.
- **2,336** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **26.7% (+/-1.3)** of households included one or more persons age 65 and over
- **310 (+/-153)** grandparents lived with and were responsible for their own grandchildren
- **75.9% (+/-6.9)** of children under 6 years and **72.7% (+/-7.3)** of children 6-17 years had all parents in the labor force
- **1,961 (+/-304)** of those age 5 and older spoke a language other than English at home
- **2,710 (+/-263)** civilian veterans lived in Calloway County⁴

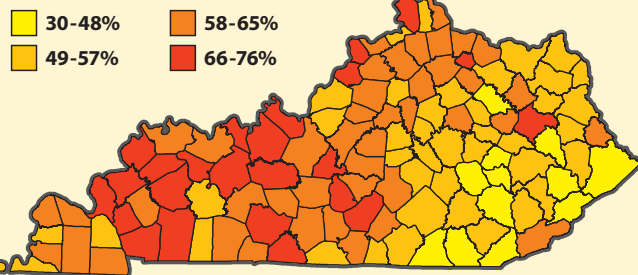
In Calloway County:

- **23.4% (31.2%-17.1%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **93** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **45.2%** of those registered to vote did so in the 2014 General Election¹¹

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

- **58** adults reported increased leadership skills, knowledge or confidence.
- **2,650** 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>)



College of Agriculture,
Food and Environment
School of Human Environmental Sciences