



CARLISLE COUNTY

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Building Strong Families FOR KENTUCKY 2016



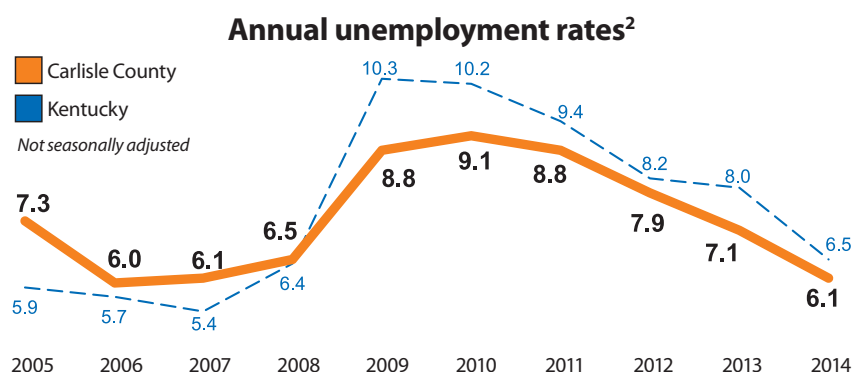
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Carlisle 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 **14,649** contacts with Carlisle County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

SUBSTANCE ABUSE PREVENTION

After the Carlisle County Agency for Substance Abuse Policy identified substance abuse as a problem, a Truth and Consequences program was held for 54 eighth-graders. Nearly all of the students reported a better understanding of the legal, physical, mental, and emotional consequences of substance use and of where to get help. Forty-one had a better understanding of the financial consequences of substance use. The program involved 26 community volunteers, 22 parents, three grandparents, and one aunt. A 10-member committee of Extension agents and community volunteers planned the program and plans to hold it again next year.

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

FINANCIAL WELL-BEING

In Carlisle County, the median household income in 2013 was **\$38,283 (+/- \$3,584)** compared to \$43,307 (+/- \$631) for the state.³

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

- **27.1% (+/-7.6)** of families with related children were below poverty
- **8.7% (+/-3.9)** of people age 65 and over were below poverty
- **4.0% (+/-2.8)** of individuals working full time/full year in the previous 12 months were below poverty
- **55.2%** of students were eligible for free lunches and **6.1%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **12** people demonstrated informed and effective decision-making.
- **29** people increased confidence in money issues or specific financial matters.

PHYSICAL WELL-BEING

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

- **12.3% (16.2%-9.0%)** of adults reported having been diagnosed with diabetes
- **33.0% (40.8%-25.6%)** of adults 18 years and over were obese
- **30.8% (38.7%-23.2%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Carlisle County:⁷

- **33.7% (48.6%-21.4%)** of adults reported having been diagnosed with high blood pressure
- **23.4% (38.8%-12.8%)** of adults reported fair or poor health

In Carlisle County:

- **28.4%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **42.2% (+/-8.8)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **0-9** deaths were from a drug overdose between 2009-2013⁹

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

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

SOCIAL WELL-BEING

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

- **31.9% (+/-2.0)** of households included one or more persons age 65 and over
- **4 (+/-6)** grandparents lived with and were responsible for their own grandchildren
- **65.3% (+/-12.4)** of children under 6 years and **66.6% (+/-11.1)** of children 6-17 years had all parents in the labor force
- **58 (+/-34)** of those age 5 and older spoke a language other than English at home
- **398 (+/-79)** civilian veterans lived in Carlisle County⁴

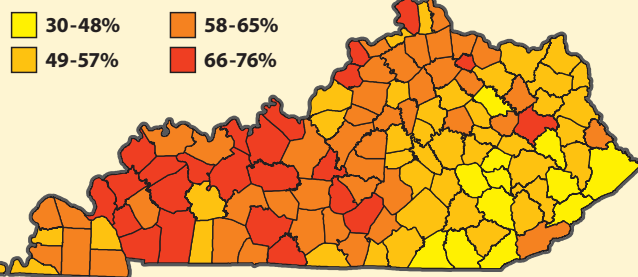
In Carlisle County:

- **14.3% (22.4%-8.8%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **22** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **56.5%** of those registered to vote did so in the 2014 General Election¹¹

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

- **179** people utilized skills learned through Extension programming.
- **656** 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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