



## CLINTON COUNTY

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# Building Strong Families FOR KENTUCKY 2016



### OUR FOCUS

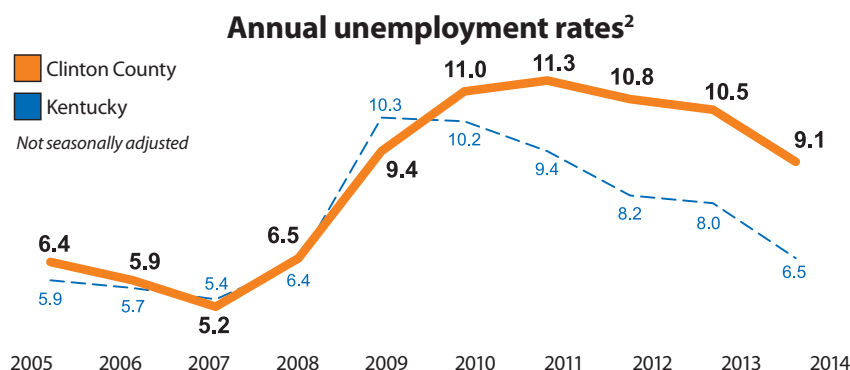
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Clinton County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **27,122** contacts with Clinton County individuals and families.<sup>1</sup>

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

### OUR PEOPLE



### SPOTLIGHT ON...

## MYPLATE IS ROADMAP FOR HEALTHY EATING

Because youth often struggle with obesity, the Clinton County Cooperative Extension Service conducted Healthy Eating with MyPlate for 503 middle-school students. Lessons included understanding MyPlate; serving sizes, solid fats and added sugars; beverage choices; and portion sizes. In evaluations, 65% of students accurately identified the five food groups illustrated by the MyPlate icon; 56% identified recommended serving sizes; and 58% identified sources of sugar in the diet. Student comments included: "I will try to drink fewer soft drinks now that I see how much sugar they have," "Portions matter. I didn't realize how many servings I have been eating," and "I'm not going to waste calories on a candy bar."

## FINANCIAL WELL-BEING

In Clinton County, the median household income in 2013 was **\$27,443 (+/- \$2,407)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **29.8% (+/-9.4)** of families with related children were below poverty
- **22.1% (+/-6.9)** of people age 65 and over were below poverty
- **3.5% (+/-2.3)** of individuals working full time/full year in the previous 12 months were below poverty
- **69.4%** of students were eligible for free lunches and **7.1%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

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

- **7,095** people demonstrated informed and effective decision-making.
- **6,821** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

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

- **11.7% (15.3%-8.8%)** of adults reported having been diagnosed with diabetes
- **33.2% (39.8%-26.8%)** of adults 18 years and over were obese
- **31.7% (39.2%-25.1%)** of adults reported no leisure-time exercise in the past month

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

- **35.4% (48.6%-24.2%)** of adults reported having been diagnosed with high blood pressure
- **28.8% (36.6%-22.1%)** of adults reported fair or poor health

In Clinton County:

- **76.1%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **14.8% (+/-5.1)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **29** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

- **5,893** people increased knowledge of lifestyle changes to improve personal health.
- **7,399** children and youth learned to eat more healthy food.

## SOCIAL WELL-BEING

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

- **31.3% (+/-1.9)** of households included one or more persons age 65 and over
- **257 (+/-127)** grandparents lived with and were responsible for their own grandchildren
- **45.2% (+/-18.2)** of children under 6 years and **63.3% (+/-12.8)** of children 6-17 years had all parents in the labor force
- **144 (+/-67)** of those age 5 and older spoke a language other than English at home
- **752 (+/-168)** civilian veterans lived in Clinton County<sup>4</sup>

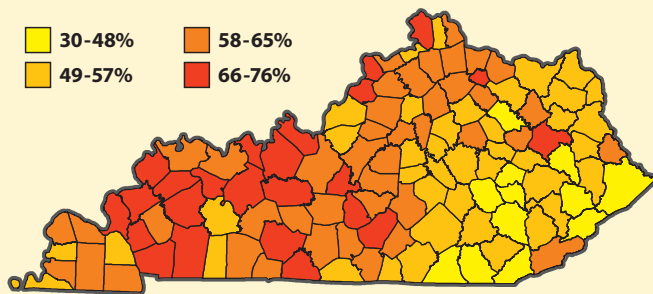
In Clinton County:

- **16.8% (24.6%-11.1%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **13** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **58.5%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **899** adults reported increased leadership skills, knowledge or confidence.
- **5,709** 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.

<sup>10</sup> "Drug Overdose Deaths in Kentucky, 2000-2013"

<sup>11</sup> Kentucky Kids Count/Kentucky Cabinet for Health & Family

Services. (<http://datacenter.kidscount.org>)

<sup>12</sup> Kentucky State Board of Elections

(<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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