



## CRITTENDEN COUNTY

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# Building Strong Families FOR KENTUCKY 2016



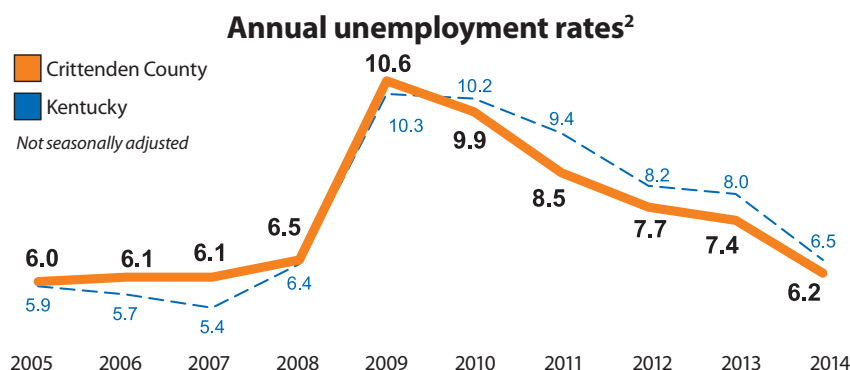
### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Crittenden 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 **7,344** contacts with Crittenden County individuals and families.<sup>1</sup>

### OUR PEOPLE



### SPOTLIGHT ON...

## EFNEP MAKES POSITIVE CHANGES

**T**he Expanded Food and Nutrition Education Program (EFNEP) in Crittenden 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 59 EFNEP graduate families, 98% showed a positive change in their 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 80% now plan their family meals and 92% read Nutrition Facts on food labels.

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

## FINANCIAL WELL-BEING

In Crittenden County, the median household income in 2013 was **\$37,372 (+/- \$3,659)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **19.3% (+/-6.4)** of families with related children were below poverty
- **20.3% (+/-5.4)** of people age 65 and over were below poverty
- **5.2% (+/-2.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **52.4%** of students were eligible for free lunches and **3.2%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

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

- **126** people demonstrated informed and effective decision-making.
- **301** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

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

- **12.8% (16.5%-9.6%)** of adults reported having been diagnosed with diabetes
- **31.7% (38.8%-25.3%)** of adults 18 years and over were obese
- **31.3% (38.6%-24.6%)** of adults reported no leisure-time exercise in the past month

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

- **43.9% (58.7%-30.1%)** of adults reported having been diagnosed with high blood pressure
- **30.3% (40.3%-22.0%)** of adults reported fair or poor health

In Crittenden County:

- **18.5%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **36.3% (+/-7.6)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **0-9** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

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

## SOCIAL WELL-BEING

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

- **33.8% (+/-1.9)** of households included one or more persons age 65 and over
- **165 (+/-120)** grandparents lived with and were responsible for their own grandchildren
- **45.8% (+/-13.9)** of children under 6 years and **51.0% (+/-10.2)** of children 6-17 years had all parents in the labor force
- **665 (+/-216)** of those age 5 and older spoke a language other than English at home
- **848 (+/-150)** civilian veterans lived in Crittenden County<sup>4</sup>

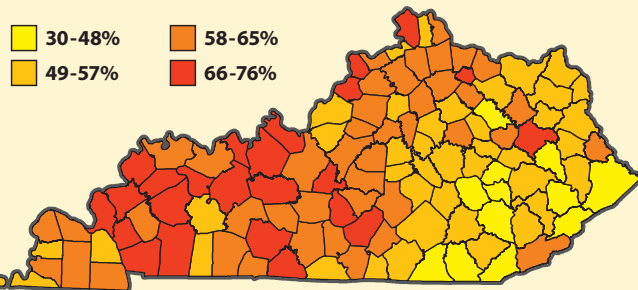
In Crittenden County:

- **18.6% (27.3%-12.2%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **49** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **51.1%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **150** adults reported increased leadership skills, knowledge or confidence.
- **165** 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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