



CUMBERLAND COUNTY
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Building Strong Families FOR KENTUCKY 2016



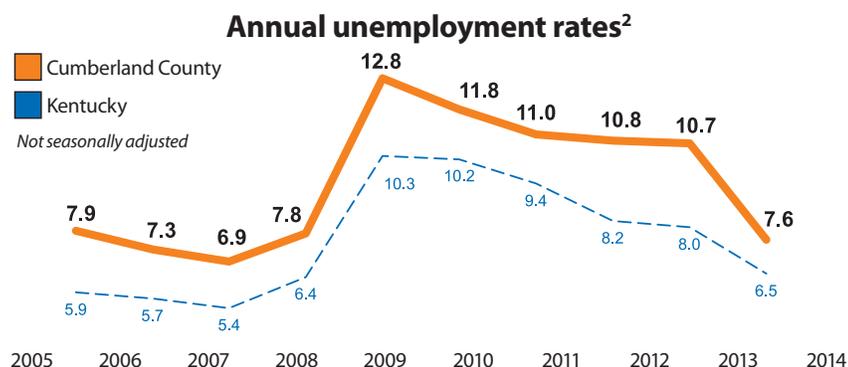
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Cumberland 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 **16,495** contacts with Cumberland County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

KIDZ KLUB EDUCATES PARENTS

The 2013 Kentucky County Education Profiles showed that only half of Cumberland County children were kindergarten-ready. A committee created Kidz Klub, a monthly program where children five and under learned through hands-on activities and parents were taught ways to help their children learn. In terms of knowledge and skills, parents showed a 40% improvement in connecting with their children; a 20% improvement in making learning fun and encouraging literacy; a 20% improvement in helping children learn on the go; and a 20% improvement in making learning part of a regular day. There was a 39% increase in using Kidz Klub ideas and tips at home.

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

FINANCIAL WELL-BEING

In Cumberland County, the median household income in 2013 was **\$30,043 (+/- \$2,395)** compared to \$43,307 (+/- \$631) for the state.³

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

- **32.4% (+/-9.9)** of families with related children were below poverty
- **20.8% (+/-6.5)** of people age 65 and over were below poverty
- **3.7% (+/-2.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **69.8%** of students were eligible for free lunches and **8.3%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **475** people demonstrated informed and effective decision-making.
- **32** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **12.6% (16.3%-9.3%)** of adults reported having been diagnosed with diabetes
- **34.1% (41.2%-27.5%)** of adults 18 years and over were obese
- **33.5% (41.9%-26.3%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Cumberland County:⁷

- **44.1% (61.8%-27.7%)** of adults reported having been diagnosed with high blood pressure
- **33.2% (43.9%-24.0%)** of adults reported fair or poor health

In Cumberland County:

- **32.4%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **23.0% (+/-7.7)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **10** deaths were from a drug overdose between 2009-2013⁹

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

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

SOCIAL WELL-BEING

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

- **34.9% (+/-3.1)** of households included one or more persons age 65 and over
- **59 (+/-38)** grandparents lived with and were responsible for their own grandchildren
- **73.2% (+/-14.8)** of children under 6 years and **67.1% (+/-14.7)** of children 6-17 years had all parents in the labor force
- **104 (+/-80)** of those age 5 and older spoke a language other than English at home
- **470 (+/-113)** civilian veterans lived in Cumberland County⁴

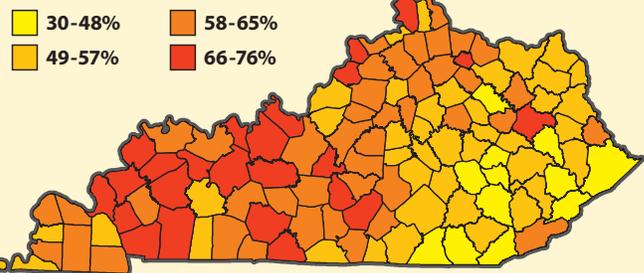
In Cumberland County:

- **22.0% (32.8%-14.0%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **13** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **60.0%** of those registered to vote did so in the 2014 General Election¹¹

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

- **187** adults reported increased leadership skills, knowledge or confidence.
- **315** 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>)