



FLOYD COUNTY

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Building Strong Families FOR KENTUCKY 2016



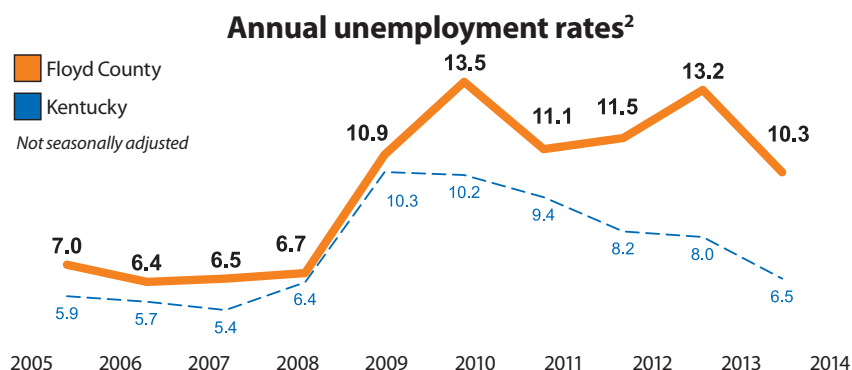
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Floyd 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 **15,635** contacts with Floyd County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

ONE-TO-ONE APPROACH TO WELLNESS WORKS

The FCS agent has taught health and wellness programs for four years, taking a one-to-one approach. Among the positive outcomes: participants are more energetic and have fewer physical pains; dramatically reduced soda consumption; eat a healthy breakfast, and quit eating unhealthy snacks and instead eat low-fat dairy, lean proteins, fruits, and vegetables. One participant eats oats for breakfast and has eaten healthy brown-bag lunches for two years. He and his wife have lost weight and walk daily. Individuals with heart disease said their doctors were pleased with improvements in their blood pressure.

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

FINANCIAL WELL-BEING

In Floyd County, the median household income in 2013 was **\$31,229 (+/- \$2,672)** compared to \$43,307 (+/- \$631) for the state.³

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

- **34.2% (+/-4.1)** of families with related children were below poverty
- **14.9% (+/-4.1)** of people age 65 and over were below poverty
- **3.2% (+/-1.4)** of individuals working full time/full year in the previous 12 months were below poverty
- **68.8%** of students were eligible for free lunches and **6.6%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **105** people demonstrated informed and effective decision-making.
- **2,875** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **14.4% (17.0%-12.2%)** of adults reported having been diagnosed with diabetes
- **37.8% (42.3%-33.5%)** of adults 18 years and over were obese
- **37.3% (41.6%-33.2%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Floyd County:⁷

- **38.1% (43.7%-32.9%)** of adults reported having been diagnosed with high blood pressure
- **39.3% (43.4%-35.2%)** of adults reported fair or poor health

In Floyd County:

- **44.0%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **29.4% (+/-4.6)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **136** deaths were from a drug overdose between 2009-2013⁹

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

- **2,455** people increased knowledge of lifestyle changes to improve personal health.
- **5,080** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **25.6% (+/-1.1)** of households included one or more persons age 65 and over
- **858 (+/-232)** grandparents lived with and were responsible for their own grandchildren
- **46.2% (+/-8.5)** of children under 6 years and **48.2% (+/-6.8)** of children 6-17 years had all parents in the labor force
- **332 (+/-122)** of those age 5 and older spoke a language other than English at home
- **2,070 (+/-232)** civilian veterans lived in Floyd County⁴

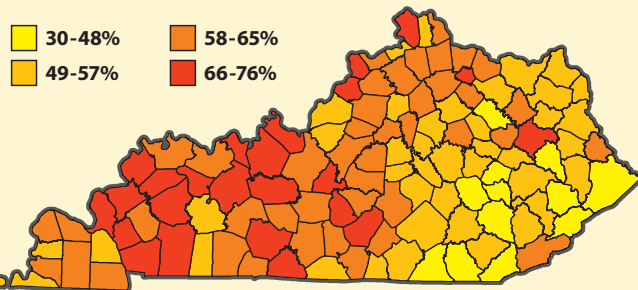
In Floyd County:

- **31.4% (36.4%-26.8%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **303** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **44.3%** of those registered to vote did so in the 2014 General Election¹¹

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

- **205** adults reported increased leadership skills, knowledge or confidence.
- **23,020** 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
- ⁹ 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.
- ¹⁰ Kentucky Injury Prevention and Research Center, 2015.
- ¹¹ "Drug Overdose Deaths in Kentucky, 2000-2013"
- ¹² Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- ¹³ Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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