



HENDERSON COUNTY

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Building Strong Families FOR KENTUCKY 2016



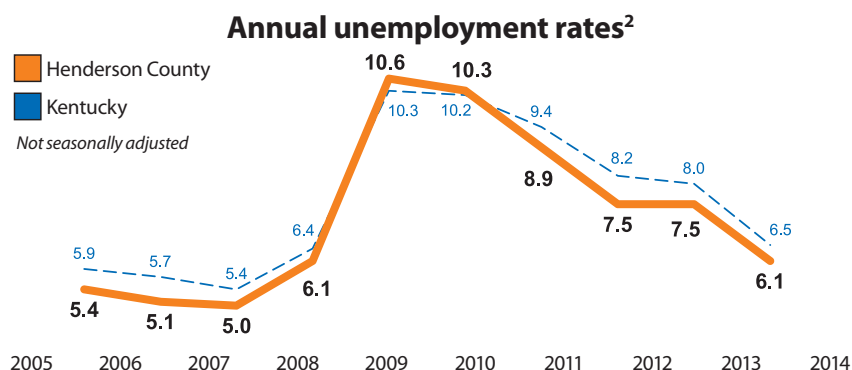
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Henderson 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 **7,696** contacts with Henderson County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

HEALTHY COOKING GROWS

Participants in the Healthy Cooking series cook, learn new recipes, taste the dishes they make, and have a lesson on a cooking topic. The 11 classes offered this year attracted 228 students. In the past few years, participation has increased. Initially, a night class was offered, then a daytime class was launched. In evaluations, 95% of participants said they would make the recipes at home, and 50% said they have tried the recipes at home. Many participants try recipes that use ingredients they do not generally use, and they end up liking the dish.

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

FINANCIAL WELL-BEING

In Henderson County, the median household income in 2013 was **\$42,492 (+/- \$3,395)** compared to \$43,307 (+/- \$631) for the state.³

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

- **23.3% (+/-3.2)** of families with related children were below poverty
- **8.3% (+/-2.0)** of people age 65 and over were below poverty
- **3.2% (+/-1.0)** of individuals working full time/full year in the previous 12 months were below poverty
- **53.6%** of students were eligible for free lunches and **4.7%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **139** people demonstrated informed and effective decision-making.
- **946** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **11.1% (13.6%-9.0%)** of adults reported having been diagnosed with diabetes
- **31.9% (36.5%-27.3%)** of adults 18 years and over were obese
- **29.2% (33.7%-24.8%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Henderson County:⁷

- **37.5% (45.2%-30.3%)** of adults reported having been diagnosed with high blood pressure
- **21.2% (25.6%-17.4%)** of adults reported fair or poor health

In Henderson County:

- **66.9%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **23.5% (+/-2.7)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁹
- **29** deaths were from a drug overdose between 2009-2013⁹

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

- **725** 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 Henderson County:⁴

- **26.3% (+/-0.9)** of households included one or more persons age 65 and over
- **797 (+/-172)** grandparents lived with and were responsible for their own grandchildren
- **76.5% (+/-5.5)** of children under 6 years and **74.9% (+/-5.4)** of children 6-17 years had all parents in the labor force
- **1,346 (+/-256)** of those age 5 and older spoke a language other than English at home
- **3,102 (+/-287)** civilian veterans lived in Henderson County⁴

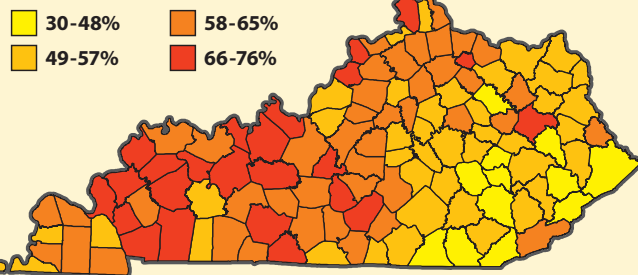
In Henderson County:

- **16.5% (22.0%-12.2%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **138** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **42.4%** of those registered to vote did so in the 2014 General Election¹¹

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

- **24** adults reported increased leadership skills, knowledge or confidence.
- **126** people utilized skills learned through Extension programming.

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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