



## HOPKINS COUNTY

**Katherine Jury,**  
County Extension Agent, Family and Consumer Sciences

# Building Strong Families FOR KENTUCKY 2016



## OUR FOCUS

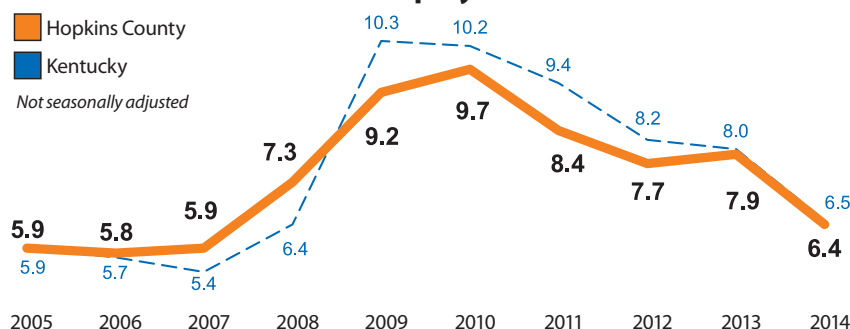
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Hopkins County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **13,476** contacts with Hopkins County individuals and families.<sup>1</sup>

## OUR PEOPLE

### Annual unemployment rates<sup>2</sup>



## SPOTLIGHT ON...

### IT'S A CROCK

A slow cooker class called It's a Crock! equipped students with the knowledge and skills needed to prepare healthy meals at home in a timely fashion. The class covered slow-cooker safety, gave examples of healthy slow-cooker meals, and included tastings of three healthy slow-cooker meals. In surveys, 94% of participants said they learned more about slow-cooker use and 91% said they had used the information and skills they learned. One participant said, "I have been not only entertained but educated. I have tried foods that I normally would not try and am surprised by how good they taste."

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

## FINANCIAL WELL-BEING

In Hopkins County, the median household income in 2013 was **\$40,782 (+/- \$2,680)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **26.3% (+/-3.8)** of families with related children were below poverty
- **9.6% (+/-2.0)** of people age 65 and over were below poverty
- **4.3% (+/-1.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **53.9%** of students were eligible for free lunches and **4.6%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

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

- **2,568** people demonstrated informed and effective decision-making.
- **2,632** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

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

- **12.6% (15.1%-10.3%)** of adults reported having been diagnosed with diabetes
- **34.7% (39.6%-30.4%)** of adults 18 years and over were obese
- **29.4% (33.7%-25.4%)** of adults reported no leisure-time exercise in the past month

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

- **37.9% (45.1%-31.3%)** of adults reported having been diagnosed with high blood pressure
- **23.0% (26.8%-19.5%)** of adults reported fair or poor health

In Hopkins County:

- **60.4%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **24.1% (+/-2.6)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **45** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

- **1,789** people increased knowledge of lifestyle changes to improve personal health.
- **4,630** children and youth learned to eat more healthy food.

## SOCIAL WELL-BEING

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

- **28.3% (+/-1.0)** of households included one or more persons age 65 and over
- **740 (+/-195)** grandparents lived with and were responsible for their own grandchildren
- **68.9% (+/-5.8)** of children under 6 years and **68.4% (+/-4.5)** of children 6-17 years had all parents in the labor force
- **1,168 (+/-210)** of those age 5 and older spoke a language other than English at home
- **3,500 (+/-290)** civilian veterans lived in Hopkins County<sup>4</sup>

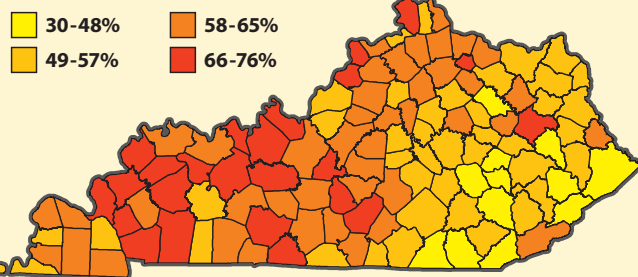
In Hopkins County:

- **20.3% (25.4%-16.0%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **144** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **49.2%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **66** adults reported increased leadership skills, knowledge or confidence.
- **1,669** 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>)



College of Agriculture,  
Food and Environment  
School of Human Environmental Sciences