

## COMMONWEALTH OF KENTUCKY

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# Building Strong Families FOR KENTUCKY 2016



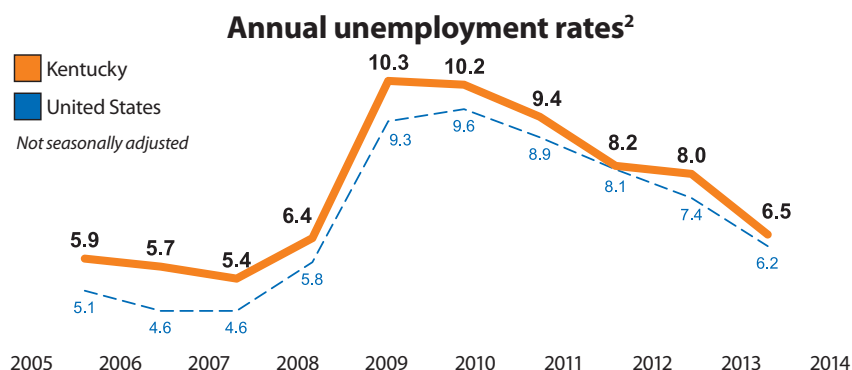
### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Kentucky. 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 **1,816,264** contacts with Kentucky individuals and families.<sup>1</sup>

### OUR PEOPLE



### SPOTLIGHT ON...

## FEATURED PROGRAMS

**D**uring 2014-2015, FCS Extension collected detailed impact data for three specific programs. Community involvement was critical in the success of Truth and Consequences, as 908 community partners or agencies contributed 5,940 volunteer hours to implement that program, in which 7,466 students developed a better understanding of the risk and harm of substance abuse. FCS staff promoted healthy recipes that incorporate Kentucky-grown produce with the Plate It Up! Kentucky Proud program. After tasting dishes made from the recipes, 18,353 participants said they planned to purchase the Kentucky commodity featured in the recipe. Through the Managing in Tough Times program, 15,669 participants learned how to manage or address current economic events facing their family, farm or business.

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

## FINANCIAL WELL-BEING

In Kentucky, the median household income in 2013 was **\$43,307** (+/-**\$631**).<sup>3</sup>

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

- **22.6%** (+/-**0.4**) of families with related children were below poverty
- **11.7%** (+/-**0.3**) of people age 65 and over were below poverty
- **3.3%** (+/-**0.1**) of individuals working full time/full year in the previous 12 months were below poverty
- **54.5%** of students were eligible for free lunches and **5.6%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

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

- **88,496** people demonstrated informed and effective decision-making.
- **152,721** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

In Kentucky in 2014:<sup>6</sup>

- **10.6%** (**9.9%-11.4%**) of adults reported having diabetes
- **33.2%** (**31.8%-34.6%**) of adults 18 years and over were obese
- **69.8%** (**68.4%-71.2%**) of adults reported participating in physical activity

Between 2006-2012 in Kentucky:<sup>7</sup>

- **34.2%** (**35.2%-33.2%**) of adults reported having been diagnosed with high blood pressure
- **22.0%** (**22.5%-21.5%**) of adults reported fair or poor health

In Kentucky:

- **72.0%** had adequate access to locations for physical activity<sup>8</sup>
- **27.8%** (+/-**0.3**) of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **1,019** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

- **145,317** people increased knowledge of lifestyle changes to improve personal health.
- **162,195** people learned to eat more healthy food.

## SOCIAL WELL-BEING

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

- **25.1%** (+/-**0.1**) of households included one or more persons age 65 and over
- **55,183** (+/-**2,008**) grandparents lived with and were responsible for their own grandchildren
- **64.6%** (+/-**0.8**) of children under 6 years and **68.8%** (+/-**0.6**) of children 6-17 years had all parents in the labor force
- **202,638** (+/-**4,065**) of those age 5 and older spoke a language other than English at home
- **312,365** (+/-**2,980**) civilian veterans lived in Kentucky<sup>4</sup>

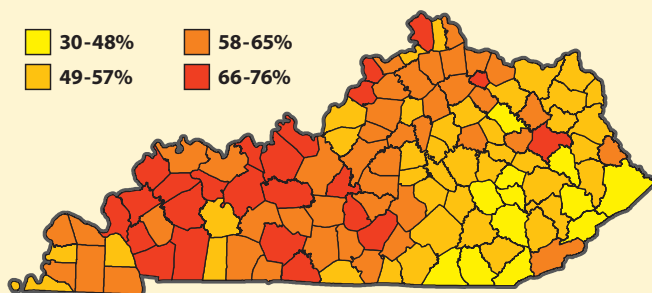
In Kentucky:

- **19.7%** (**20.4-19.0%**) of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **17,917** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **45.9%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **34,356** people were involved in addressing significant community issues.
- **768,431** volunteer hours were generated.

### 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> "Kentucky Behavioral Risk Factor Surveillance System Survey Data"
- <sup>7</sup> Kentucky Cabinet for Health and Family Services
- <sup>8</sup> BRFSS/Health Indicators Warehouse
- <sup>9</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>10</sup> Kentucky Injury Prevention and Research Center, 2015. "Drug Overdose Deaths in Kentucky, 2000-2013"
- <sup>11</sup> Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- <sup>12</sup> Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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