



KNOTT COUNTY

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Building Strong Families FOR KENTUCKY 2016



OUR FOCUS

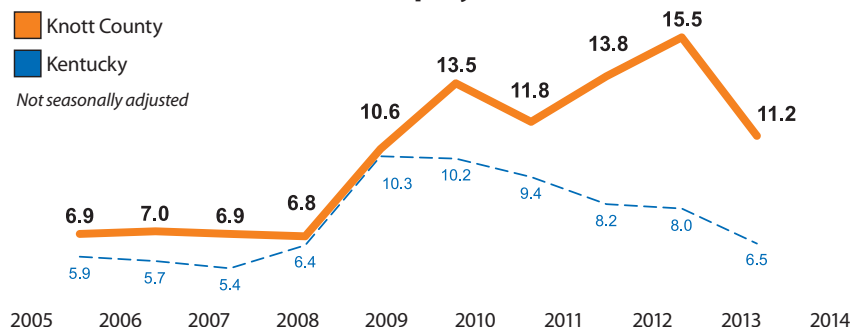
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Knott County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **18,619** contacts with Knott County individuals and families.¹

OUR PEOPLE

Annual unemployment rates²



SPOTLIGHT ON...

SCHOOL STAFF LEARNS KEYS TO HEALTHY LIVING

During a seven-week period, the Knott County FCS agent provided information to 20 school staff about healthy eating habits, using MyPlate, exercise, and healthy ways to dine out. Total weight loss for the group during the program was 10%. Participants said the keys were to eat more fruits and vegetables, practice portion control, and be physically active. The most gratifying example was a cook who lost 7.8% of her body weight by eating more healthfully and by walking. She plans to continue those practices to improve her health.

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

FINANCIAL WELL-BEING

In Knott County, the median household income in 2013 was **\$32,294 (+/- \$2,306)** compared to \$43,307 (+/- \$631) for the state.³

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

- **27.9% (+/-6.6)** of families with related children were below poverty
- **13.4% (+/-4.3)** of people age 65 and over were below poverty
- **3.7% (+/-1.7)** of individuals working full time/full year in the previous 12 months were below poverty
- **74.5%** of students were eligible for free lunches and **4.1%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **949** people demonstrated informed and effective decision-making.
- **2,404** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **15.0% (18.3%-11.9%)** of adults reported having been diagnosed with diabetes
- **40.7% (46.3%-35.3%)** of adults 18 years and over were obese
- **37.6% (43.8%-32.0%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Knott County:⁷

- **34.3% (42.4%-27.0%)** of adults reported having been diagnosed with high blood pressure
- **35.0% (40.7%-29.8%)** of adults reported fair or poor health

In Knott County:

- **47.7%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **40.0% (+/-7.5)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **45** deaths were from a drug overdose between 2009-2013⁹

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

- **2,125** people increased knowledge of lifestyle changes to improve personal health.
- **3,113** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **26.4% (+/-1.5)** of households included one or more persons age 65 and over
- **362 (+/-144)** grandparents lived with and were responsible for their own grandchildren
- **52.0% (+/-10.3)** of children under 6 years and **54.8% (+/-8.0)** of children 6-17 years had all parents in the labor force
- **205 (+/-85)** of those age 5 and older spoke a language other than English at home
- **755 (+/-158)** civilian veterans lived in Knott County⁴

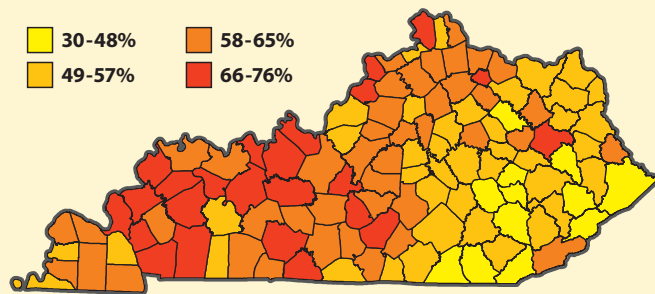
In Knott County:

- **23.7% (29.6%-18.6%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **97** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **36.8%** of those registered to vote did so in the 2014 General Election¹¹

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

- **151** adults reported increased leadership skills, knowledge or confidence.
- **6,786** 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.

¹⁰ "Drug Overdose Deaths in Kentucky, 2000-2013"

¹¹ Kentucky Kids Count/Kentucky Cabinet for Health & Family

Services. (<http://datacenter.kidscount.org>)

¹² Kentucky State Board of Elections

(<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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