



## LARUE COUNTY

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# Building Strong Families FOR KENTUCKY 2016



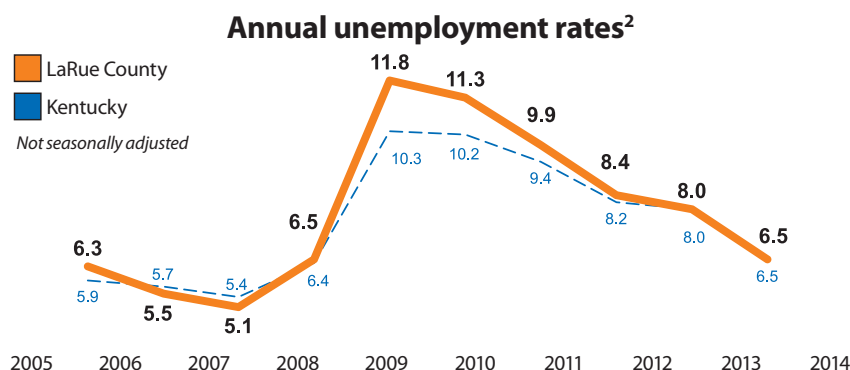
## OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in LaRue 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 **17,668** contacts with LaRue County individuals and families.<sup>1</sup>

## OUR PEOPLE



## SPOTLIGHT ON...

### MEDITERRANEAN FOODS PROTECT AGING BRAINS

Studies have shown that a Mediterranean diet may help protect the aging brain and heart and slow development of type 2 diabetes. Forty-four area Homemaker leaders took a Mediterranean diet class and shared what they learned with 1,288 Homemakers, friends, and family members. Attendees said they planned to make the following changes based on what they learned: 66% will use more Mediterranean foods in their eating plans, 77% will work on portion control, and 48% will increase their daily physical activity. The County Extension Agent presented a talk on the topic to 20 others, including those in the local Memory Café-Alzheimer's support group.

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

## FINANCIAL WELL-BEING

In LaRue County, the median household income in 2013 was **\$41,537 (+/- \$4,097)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **23.9% (+/-7.5)** of families with related children were below poverty
- **6.7% (+/-2.8)** of people age 65 and over were below poverty
- **4.0% (+/-2.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **56.9%** of students were eligible for free lunches and **5.5%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

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

- **440** people demonstrated informed and effective decision-making.
- **482** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

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

- **13.1% (16.8%-9.9%)** of adults reported having been diagnosed with diabetes
- **30.5% (36.8%-24.5%)** of adults 18 years and over were obese
- **30.0% (37.0%-23.8%)** of adults reported no leisure-time exercise in the past month

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

- **37.7% (51.0%-26.1%)** of adults reported having been diagnosed with high blood pressure
- **20.3% (27.7%-14.5%)** of adults reported fair or poor health

In LaRue County:

- **60.8%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **40.3% (+/-7.3)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **0-9** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

- **675** people increased knowledge of lifestyle changes to improve personal health.
- **575** children and youth learned to eat more healthy food.

## SOCIAL WELL-BEING

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

- **28.2% (+/-1.8)** of households included one or more persons age 65 and over
- **216 (+/-98)** grandparents lived with and were responsible for their own grandchildren
- **50.5% (+/-11.9)** of children under 6 years and **66.6% (+/-8.7)** of children 6-17 years had all parents in the labor force
- **398 (+/-143)** of those age 5 and older spoke a language other than English at home
- **1,170 (+/-192)** civilian veterans lived in LaRue County<sup>4</sup>

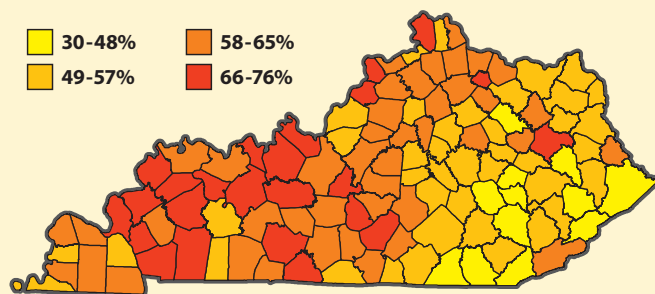
In LaRue County:

- **9.7% (16.6%-5.5%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **45** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **46.9%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **61** adults reported increased leadership skills, knowledge or confidence.
- **1,200** 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>)



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