

LEWIS COUNTY

Family and Consumer Sciences

Building Strong Families FOR KENTUCKY 2016



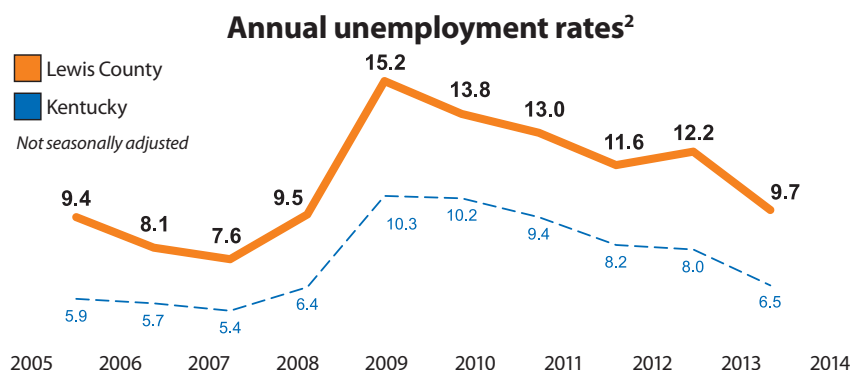
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Lewis 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 **845** contacts with Lewis County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

TURTLE CHALLENGE INSPIRES HEALTHY CHANGE

The Lewis County Extension Office and Take Action for Wellness Coalition offered the six-week Turtle Challenge to combat the county's high rates of obesity and diabetes. Participants were encouraged to find activities they enjoyed and would continue to do after the program ended. Activities were to be done four to five times a week, at least 20 to 30 minutes a day. There were 155 participants and most were on family, church, or work teams. At the end of the program, 53% reported weight loss, 10% had a decrease in their glucose reading, 70% said they would continue the physical activity, and 86% said the challenge had been beneficial.

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

FINANCIAL WELL-BEING

In Lewis County, the median household income in 2013 was **\$30,443 (+/- \$2,558)** compared to \$43,307 (+/- \$631) for the state.³

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

- **36.5% (+/-7.6)** of families with related children were below poverty
- **17.6% (+/-5.6)** of people age 65 and over were below poverty
- **6.4% (+/-2.9)** of individuals working full time/full year in the previous 12 months were below poverty
- **66.4%** of students were eligible for free lunches and **4.4%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **262** people utilized skills learned through Extension programming.
- **112** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **12.8% (15.4%-10.6%)** of adults reported having been diagnosed with diabetes
- **37.1% (41.7%-32.7%)** of adults 18 years and over were obese
- **35.4% (39.9%-31.0%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Lewis County:⁷

- **33.1% (39.5%-27.4%)** of adults reported having been diagnosed with high blood pressure
- **30.7% (35.0%-26.7%)** of adults reported fair or poor health

In Lewis County:

- **31.4%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **42.6% (+/-8.4)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **11** deaths were from a drug overdose between 2009-2013⁹

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

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

SOCIAL WELL-BEING

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

- **29.8% (+/-2.0)** of households included one or more persons age 65 and over
- **125 (+/-77)** grandparents lived with and were responsible for their own grandchildren
- **47.4% (+/-15.2)** of children under 6 years and **67.8% (+/-8.9)** of children 6-17 years had all parents in the labor force
- **254 (+/-113)** of those age 5 and older spoke a language other than English at home
- **880 (+/-171)** civilian veterans lived in Lewis County⁴

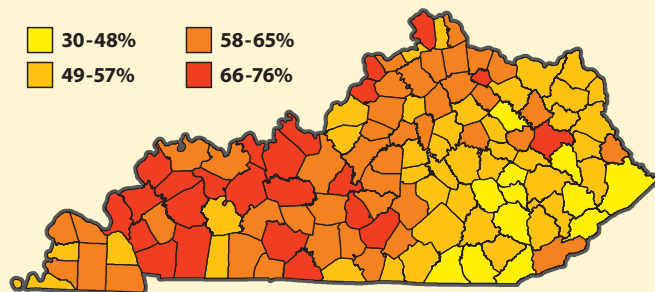
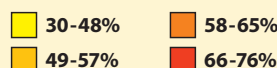
In Lewis County:

- **23.6% (28.8%-19.0%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **93** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **35.3%** of those registered to vote did so in the 2014 General Election¹¹

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

- **15** adults reported increased leadership skills, knowledge or confidence.
- **526** 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. "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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