

MCCREARY COUNTY

Family and Consumer Sciences

Building Strong Families

FOR KENTUCKY 2016



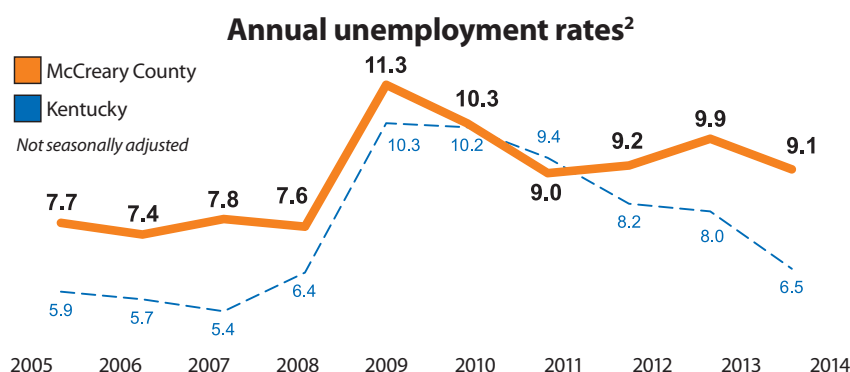
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in McCreary 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 **13,816** contacts with McCreary County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

SNAP-ED EDUCATES FAMILIES

The Supplemental Nutrition Assistance Program (SNAP-Ed) in McCreary County teaches limited-resource families skills to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of the 68 graduate families, all showed a positive change in their eating habits as a result of learning and building skills and behaviors taught through SNAP-Ed. Comparing behaviors before and after the nutrition program indicated that 56% improved food safety knowledge and skills and 61% now read Nutrition Facts on food labels.

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

FINANCIAL WELL-BEING

In McCreary County, the median household income in 2013 was **\$24,406 (+/- \$2,386)** compared to \$43,307 (+/- \$631) for the state.³

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

- **31.5% (+/-7.0)** of families with related children were below poverty
- **21.6% (+/-5.6)** of people age 65 and over were below poverty
- **4.7% (+/-3.3)** of individuals working full time/full year in the previous 12 months were below poverty
- **74.7%** of students were eligible for free lunches and **6.2%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **65** people received Moneywi\$e educational resources.
- **48** people implemented at least one financial management strategy.

PHYSICAL WELL-BEING

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

- **15.3% (19.2%-11.9%)** of adults reported having been diagnosed with diabetes
- **34.2% (40.5%-28.5%)** of adults 18 years and over were obese
- **28.4% (34.5%-22.8%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in McCreary County:⁷

- **45.7% (56.4%-35.3%)** of adults reported having been diagnosed with high blood pressure
- **40.8% (48.0%-33.9%)** of adults reported fair or poor health

In McCreary County:

- **100.0%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **33.5% (+/-8.6)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁹
- **10** deaths were from a drug overdose between 2009-2013⁹

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

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

SOCIAL WELL-BEING

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

- **26.0% (+/-1.9)** of households included one or more persons age 65 and over
- **350 (+/-164)** grandparents lived with and were responsible for their own grandchildren
- **58.9% (+/-14.8)** of children under 6 years and **74.6% (+/-7.6)** of children 6-17 years had all parents in the labor force
- **523 (+/-144)** of those age 5 and older spoke a language other than English at home
- **1,076 (+/-232)** civilian veterans lived in McCreary County⁴

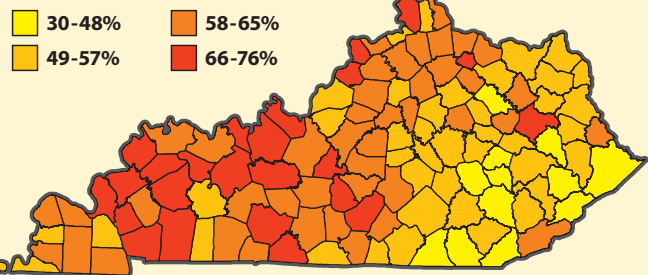
In McCreary County:

- **27.6% (35.9%-20.7%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **134** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **46.6%** of those registered to vote did so in the 2014 General Election¹¹

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

- **10** people were involved in addressing community issues.
- **230** 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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