

## ROWAN COUNTY

Family and Consumer Sciences

# Building Strong Families FOR KENTUCKY 2016



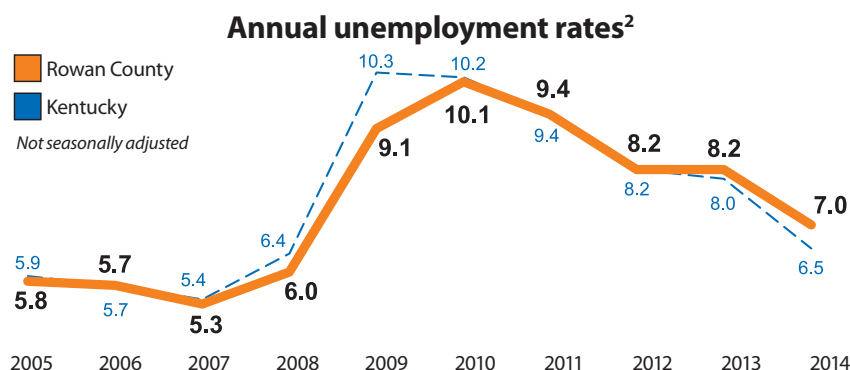
### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Rowan 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 **12,700** contacts with Rowan County individuals and families.<sup>1</sup>

### OUR PEOPLE



### SPOTLIGHT ON...

## NUTRITION EDUCATION REACHES ROWAN COUNTY FAMILIES

With a poverty rate 10% higher than the state average, Rowan County needs programs for limited-resource families on food safety, food preparation, and food budgeting. The Nutrition Education Program provided that information. In 2014-2015, the program spent 300 hours targeting low-income and limited-resource families and made 1,800 direct contacts and 1,000 indirect contacts. Families and individuals learned food preparation skills, food preservation, healthy and low-cost recipes, and food-budgeting skills. Families learned to read nutrition labels, plan meals, and improve the quality of their meals.

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

## FINANCIAL WELL-BEING

In Rowan County, the median household income in 2013 was **\$37,690** (+/- **\$3,229**) compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **31.3%** (+/- **6.7**) of families with related children were below poverty
- **20.8%** (+/- **5.8**) of people age 65 and over were below poverty
- **7.1%** (+/- **2.4**) of individuals working full time/full year in the previous 12 months were below poverty
- **57.9%** of students were eligible for free lunches and **4.2%** were eligible for reduced-price lunches in 2014-2015<sup>5</sup>

## PHYSICAL WELL-BEING

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

- **11.9%** (**14.3%-9.9%**) of adults reported having been diagnosed with diabetes
- **34.3%** (**38.5%-30.1%**) of adults 18 years and over were obese
- **29.5%** (**33.4%-25.6%**) of adults reported no leisure-time exercise in the past month

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

- **31.3%** (**37.0%-26.0%**) of adults reported having been diagnosed with high blood pressure
- **23.7%** (**27.3%-20.4%**) of adults reported fair or poor health

In Rowan County:

- **93.7%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **22.8%** (+/- **4.6**) of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **23** deaths were from a drug overdose between 2009-2013<sup>9</sup>

## SOCIAL WELL-BEING

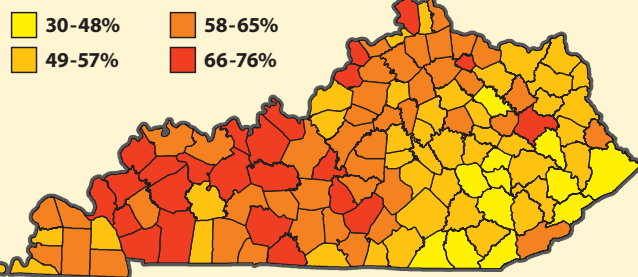
The American Community Survey estimates that between 2009-2013 in Rowan County:<sup>4</sup>

- **25.8%** (+/- **1.1**) of households included one or more persons age 65 and over
- **376** (+/- **236**) grandparents lived with and were responsible for their own grandchildren
- **52.8%** (+/- **12.2**) of children under 6 years and **69.1%** (+/- **7.9**) of children 6-17 years had all parents in the labor force
- **464** (+/- **187**) of those age 5 and older spoke a language other than English at home
- **1,231** (+/- **210**) civilian veterans lived in Rowan County<sup>4</sup>

In Rowan County:

- **17.7%** (**22.6%-13.7%**) of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12<sup>7</sup>
- **135** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **53.1%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

### 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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