



SHELBY COUNTY

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Building Strong Families FOR KENTUCKY 2016



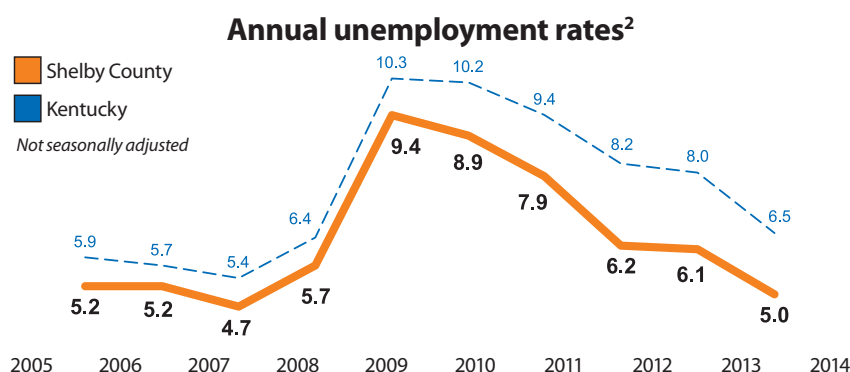
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Shelby 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 **33,876** contacts with Shelby County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

PROGRAM ENCOURAGES KIDS TO EAT RIGHT

Obesity is a growing problem in America. In Shelby County, 30.9% of adults are obese and 21.3% of children are overweight or obese. To encourage healthier eating at a younger age, the Shelby County FCS Extension agent presented the Eat Right Every Day! program to 510 children in 23 4-H clubs in March 2015. Two months later, 274 of the students completed a survey. It showed that 88% of the students ate five or more servings of fruits and vegetables daily, 94% ate breakfast each morning, 81% ate healthy snacks, and 92% chose nutritious drinks such as water, milk, and 100% fruit juice.

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

FINANCIAL WELL-BEING

In Shelby County, the median household income in 2013 was **\$56,808 (+/- \$4,793)** compared to \$43,307 (+/- \$631) for the state.³

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

- **15.0% (+/-4.5)** of families with related children were below poverty
- **6.1% (+/-1.9)** of people age 65 and over were below poverty
- **1.7% (+/-0.8)** of individuals working full time/full year in the previous 12 months were below poverty
- **45.3%** of students were eligible for free lunches and **6.8%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **392** people demonstrated informed and effective decision-making.
- **847** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **10.8% (14.0%-8.2%)** of adults reported having been diagnosed with diabetes
- **33.8% (40.5%-27.7%)** of adults 18 years and over were obese
- **30.2% (36.6%-24.4%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Shelby County:⁷

- **40.4% (54.5%-27.7%)** of adults reported having been diagnosed with high blood pressure
- **14.5% (21.3%-9.6%)** of adults reported fair or poor health

In Shelby County:

- **74.5%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **39.8% (+/-4.1)** 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 Shelby County Extension programs:¹

- **3,381** people increased knowledge of lifestyle changes to improve personal health.
- **1,228** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **24.3% (+/-1.0)** of households included one or more persons age 65 and over
- **388 (+/-139)** grandparents lived with and were responsible for their own grandchildren
- **65.8% (+/-6.6)** of children under 6 years and **68.5% (+/-5.8)** of children 6-17 years had all parents in the labor force
- **3,548 (+/-363)** of those age 5 and older spoke a language other than English at home
- **3,476 (+/-373)** civilian veterans lived in Shelby County⁴

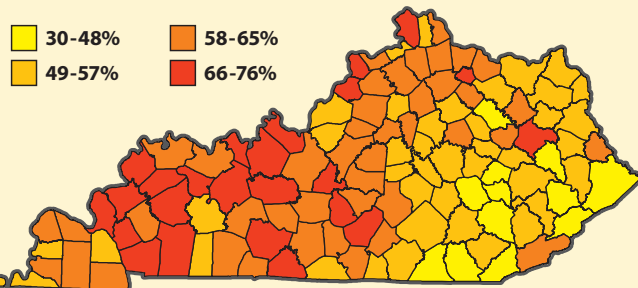
In Shelby County:

- **11.4% (18.1%-6.9%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **110** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **51.3%** of those registered to vote did so in the 2014 General Election¹¹

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

- **273** adults reported increased leadership skills, knowledge or confidence.
- **1,398** 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
- ⁹ 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.
- ¹⁰ Kentucky Injury Prevention and Research Center, 2015.
- ¹¹ "Drug Overdose Deaths in Kentucky, 2000-2013"
- ¹² Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- ¹³ Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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