



## SPENCER COUNTY

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# Building Strong Families FOR KENTUCKY 2016



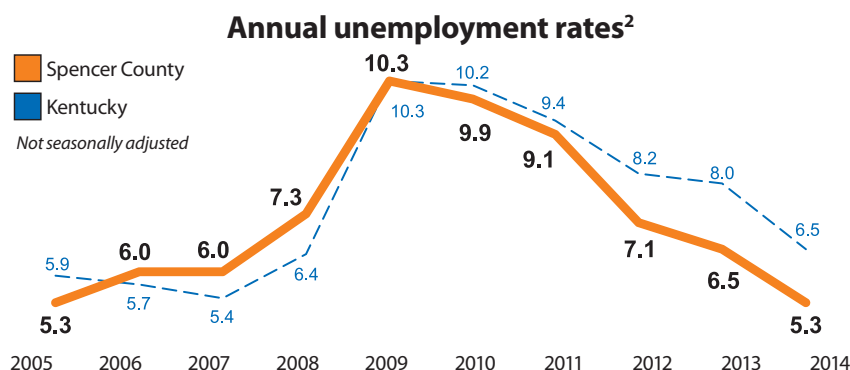
### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Spencer 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 **14,195** contacts with Spencer County individuals and families.<sup>1</sup>

### OUR PEOPLE



### SPOTLIGHT ON...

## GETTING THE GOODS ON GLUTEN

People are aware of gluten. Whether they have gluten intolerance, celiac disease, or are just following the gluten-free trend, many are unaware that gluten is not harmful to everyone and that gluten-free foods are high in fat. A lesson about gluten-free products educated participants about what gluten is, where it is found, the difference between gluten intolerance and celiac disease, and the increased cost of gluten-free products. Surveys showed that most participants learned that gluten should only be avoided if it's harmful, that the cost of gluten-free products is twice that of regular products, and that a gluten-free diet is not a well-balanced diet.

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

## FINANCIAL WELL-BEING

In Spencer County, the median household income in 2013 was **\$66,711 (+/- \$4,145)** compared to \$43,307 (+/- \$631) for the state.<sup>3</sup>

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

- **6.1% (+/-3.0)** of families with related children were below poverty
- **10.0% (+/-4.5)** of people age 65 and over were below poverty
- **0.5% (+/-0.5)** of individuals working full time/full year in the previous 12 months were below poverty
- **40.6%** 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 Spencer County Extension programs:<sup>1</sup>

- **1,950** people demonstrated informed and effective decision-making.
- **2,550** people demonstrated increased practical living skills.

## PHYSICAL WELL-BEING

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

- **11.0% (14.8%-7.8%)** of adults reported having been diagnosed with diabetes
- **27.3% (34.2%-20.8%)** of adults 18 years and over were obese
- **30.0% (38.4%-22.2%)** of adults reported no leisure-time exercise in the past month

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

- **15.6% (25.3%-9.2%)** of adults reported fair or poor health

In Spencer County:

- **68.1%** had adequate access to locations for physical activity compared to 72.0% for the state<sup>8</sup>
- **62.8% (+/-7.4)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)<sup>8</sup>
- **12** deaths were from a drug overdose between 2009-2013<sup>9</sup>

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

- **3,900** people increased knowledge of lifestyle changes to improve personal health.
- **1,750** children and youth learned to eat more healthy food.

## SOCIAL WELL-BEING

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

- **21.8% (+/-1.6)** of households included one or more persons age 65 and over
- **244 (+/-145)** grandparents lived with and were responsible for their own grandchildren
- **71.1% (+/-11.3)** of children under 6 years and **84.9% (+/-6.0)** of children 6-17 years had all parents in the labor force
- **394 (+/-190)** of those age 5 and older spoke a language other than English at home
- **1,316 (+/-206)** civilian veterans lived in Spencer County<sup>4</sup>

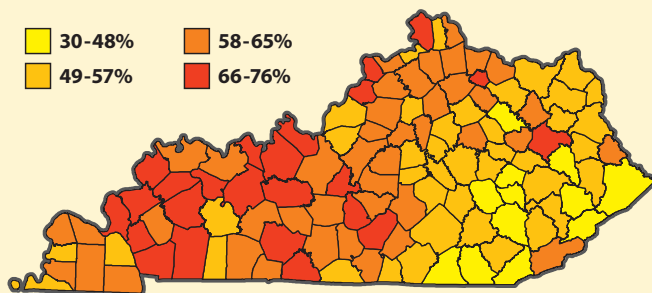
In Spencer County:

- **44** children were determined to have been victims of child abuse or neglect in 2013<sup>10</sup>
- **57.0%** of those registered to vote did so in the 2014 General Election<sup>11</sup>

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

- **350** adults reported increased leadership skills, knowledge or confidence.
- **3,800** 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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