BUILDING STRONG FAMILIES
IN CHRISTIAN COUNTY

OUR FOCUS
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS
In 2016-2017, Cooperative Extension made
183,795 contacts with individuals and families in Christian County.¹

A HEALTHIER KENTUCKY
Making healthy lifestyle choices

80% of counties in Kentucky implemented programs promoting healthy lifestyle choices.¹

86% of counties in Kentucky implemented programs promoting healthy homes and communities.¹

Easy access to unhealthy foods, increased stress, and limited opportunities for physical activity all create challenges and barriers for Kentucky families in making healthy lifestyle choices. Family and Consumer Sciences (FCS) Extension programming through the University of Kentucky teaches families to improve health and well-being by choosing a nutritious diet, increasing health literacy to help prevent chronic diseases, or participating in regular physical activity. Our goal is to equip citizens with the knowledge, resources, and an environment where the healthy choice is the easy choice.

Number of farmers market locations by Kentucky county²

- 0 (7 counties)
- 1-2 (73 counties)
- 3-4 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)
**OUR COUNTY**

- Christian County had 12 supermarkets and other grocery stores and 25 convenience stores or gas stations with convenience stores in 2015.\(^3\)
- According to Map the Meal Gap, in 2015, an estimated 14,020 individuals were food insecure in Christian County.\(^4\)
- Only 9.7% (15.4%-5.9%) of adults in Christian County consumed five or more servings of fruits and vegetables per day between 2013-2015.\(^5\)

**OUR RESULTS**

- 765 individuals reported eating more healthy foods.\(^1\)
- 88 individuals are more likely to buy Kentucky fruits or vegetables because they tasted Plate It Up! Kentucky Proud recipe samples.\(^1\)

**Physical Environment**

- According to the CDC’s County Diabetes Atlas, 36.5% (41.1%-32.1%) of adults 18 years and over in Christian County were obese between 2012 and 2014.\(^6\)
- The Diabetes Atlas also reports that between 2012 and 2014, 29.9% (33.9%-26.0%) of adults in Christian County reported no leisure-time exercise in the past month.\(^6\)
- There were 6 fitness and recreation businesses in Christian County in 2015.\(^3\)

**OUR RESULTS**

- 15 participants made healthy changes so they could age well and live independently.\(^1\)
- Extension is involved in 4 healthy lifestyle coalitions.\(^1\)

**SOURCES:**

1. Kentucky Cooperative Extension Reporting, FY 2017
3. U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
7. Kids Count Data Center. (datacenter.kidscount.org)
9. 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
10. Margin of error: (±/24%-34%)
11. WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and for infants and children up to age five who are found to be at nutritional risk.

For more information and to download this and other county profiles, visit hes.uky.edu/StrongFamilies

**Financial Environment**

- The median household income in Christian County was $39,840 ($41,830-$37,850) in 2015.\(^8\)
- In Christian County, 3,249 was the average monthly number of infants and children assisted by WIC* in 2013.\(^9\)
- In 2015, there were 10,017 SNAP/food stamp recipients.\(^10\)
- 11.7% (+/-2.3%) of people age 65 and over were below poverty between 2011-2015\(^11\) and 30.7% (36.6%-24.8%) of children ages 5-17 in families were below poverty in 2015.\(^8\)
- Between 2011 and 2015, 5.0% (+/-1.2%) of full-time/full-year workers were below poverty.\(^11\)

**OUR RESULTS**

- 35 individuals became more knowledgeable regarding ways to secure financial stability.\(^1\)
- 35 individuals examined their personal and financial stability at least annually.\(^1\)