BUILDING STRONG FAMILIES
IN GARRARD 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 35,864 contacts with individuals and families in Garrard County.

MARY HIXSON
County Extension Agent, Family and Consumer Sciences Education

A HEALTHIER KENTUCKY
Making healthy lifestyle choices

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 county

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

**Our County**
- Garrard County had 1 supermarket and other grocery store and 10 convenience stores or gas stations with convenience stores in 2015.³
- According to Map the Meal Gap, in 2015, an estimated 2,390 individuals were food insecure in Garrard County.⁴
- Only 14.0% (33.0%-5.1%) of adults in Garrard County consumed five or more servings of fruits and vegetables per day between 2013-2015.⁵

**Our Results**
- 55 individuals reported eating more healthy foods.¹
- 55 individuals prepared more healthy home-cooked meals.¹

**Physical Environment**

**Our County**
- According to the CDC’s County Diabetes Atlas, 30.5% (37.1%-24.4%) of adults 18 years and over in Garrard County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 29.0% (36.1%-22.5%) of adults in Garrard County reported no leisure-time exercise in the past month.⁶
- There were no fitness and recreation businesses in Garrard County in 2015.³

**Our Results**
- 230 individuals were exposed to Extension programming at a local farmers market.¹
- 13 individuals set at least one specific health goal.¹

**Financial Environment**

**Our County**
- The median household income in Garrard County was $45,018 ($48,503-$41,533) in 2015.⁸
- In Garrard County, 494 was the average monthly number of infants and children assisted by WIC* in 2013.⁹
- In 2015, there were 2,624 SNAP/food stamp recipients.¹⁰
- 11.7% (+/-3.7%) of people age 65 and over were below poverty between 2011-2015¹¹ and 21.5% (26.6%-16.4%) of children ages 5-17 in families were below poverty in 2015.⁸
- Between 2011 and 2015, 4.8% (+/-1.8%) of full-time/full-year workers were below poverty.¹¹

**Our Results**
- 16 individuals practiced setting goals for how to use their money.¹
- 50 participants made healthy changes so they could age well and live independently.¹

---

*SOURCES:
1. Kentucky Cooperative Extension Reporting, PY 2017
3. U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
4. Map the Meal Gap 2017. (map.feedingamerica.org)
5. Kentucky Health Facts. (www.kentuckyhealthfacts.org)
9. Kids Count Data Center. (datacenter.kidscount.org)
11. 2015 American Community Survey 5-year Estimates, U.S. Census Bureau (factfinder.census.gov)
12. Margin of error: (+/-19%-29%)

*WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to 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

---

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.