BUILDING STRONG FAMILIES
IN GREENUP 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 50,100 contacts with individuals and families in Greenup County.¹

Lora Pullin
County Extension Agent, Family and Consumer Sciences Education

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)
Food Environment

Our County
- Greenup County had 6 supermarkets and other grocery stores and 19 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 5,330 individuals were food insecure in Greenup County.4
- Only 9.4% (14.1%-6.2%) of adults in Greenup County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

15% of the population in Greenup County were estimated to be food insecure in 2015.4

Our Results
- 382 individuals reported eating more healthy foods.1
- 175 individuals prepared more healthy home-cooked meals.1
- Extension is involved in 8 healthy lifestyle coalitions.1

Physical Environment

Our County
- According to the CDC’s County Diabetes Atlas, 39.8% (39.3%-35.6%) of adults 18 years and over in Greenup County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 32.3% (36.3%-28.4%) of adults in Greenup County reported no leisure-time exercise in the past month.6
- There was 1 fitness and recreation business in Greenup County in 2015.3

66% of the population in Greenup County had adequate access to locations for physical activity in 2014.7

Our Results
- 208 individuals made changes to their diet and began exercising to improve their health.1
- 18 individuals took part in 30 minutes of physical activity five or more days a week.1

Financial Environment

Our County
- The median household income in Greenup County was $45,690 ($48,768-$42,612) in 2015.8
- In Greenup County, 698 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 5,760 SNAP/food stamp recipients.10
- 12.4% (+/-2.7%) of people age 65 and over were below poverty between 2011-201511 and 23.0% (27.5%-18.5%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 2.8% (+/-1.0%) of full-time/full-year workers were below poverty.11

24% of all children in Greenup County ages 17 and under12 were below poverty in 2015.8

Our Results
- 34 individuals practiced one or more resource management behaviors that result in increased savings or investments.1
- 34 individuals adopted short, mid- and/or long-term financial planning strategies.1

Sources:
1 Kentucky Cooperative Extension Reporting, FY 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)
7 Robert Wood Johnson Foundation 2015 County Health Rankings. (www.countyhealthrankings.org)
8 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/aipe.htm)
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%-28%)

* 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

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