BUILDING STRONG FAMILIES
IN HART 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 62,135 contacts with individuals and families in Hart County.¹

Janey Cline
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 county²

<table>
<thead>
<tr>
<th>Number of Farmers Markets</th>
<th>Counties</th>
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<tbody>
<tr>
<td>0 (7 counties)</td>
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<tr>
<td>1-2 (73 counties)</td>
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<tr>
<td>3-4 (34 counties)</td>
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<tr>
<td>5-7 (4 counties)</td>
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<td>8+ (2 counties)</td>
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</tbody>
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¹Percentage of counties implementing programs promoting healthy lifestyle choices.
²Percentage of counties implementing programs promoting healthy homes and communities.
**Food Environment**

**OUR COUNTY**
- Hart County had 5 supermarkets and other grocery stores and 12 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 2,960 individuals were food insecure in Hart County.4
- Only 9.0% (17.1%-4.5%) of adults in Hart County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

**OUR RESULTS**
- 34 individuals reported eating more healthy foods.1
- 33 individuals made changes to their diet and began exercising to improve their health.1

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 37.1% (43.2%-31.3%) of adults 18 years and over in Hart County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 36.1% (42.6%-29.9%) of adults in Hart County reported no leisure-time exercise in the past month.6
- There were 2 fitness and recreation businesses in Hart County in 2015.3

**OUR RESULTS**
- 25 participants made healthy changes so they could age well and live independently.1
- Extension is involved in 2 healthy lifestyle coalitions.1

**Sources:**
1. Kentucky Cooperative Extension Reporting, FY 2017
4. Map the Meal Gap 2017. (map.feedingamerica.org)
5. Kentucky Health Facts. (www.kentuckyhealthfacts.org)
8. 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/aipe/)
9. Kids Count Data Center. (datacenter.kidscount.org)
11. 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)

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

**Financial Environment**

**OUR COUNTY**
- The median household income in Hart County was $34,764 ($38,082-$31,446) in 2015.8
- In Hart County, 491 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 3,247 SNAP/food stamp recipients.10
- 19.3% (±4.8%) of people age 65 and over were below poverty between 2011-201511 and 28.7% (35.7%-21.7%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 5.3% (+/-2.6%) of full-time/full-year workers were below poverty.11

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