BUILDING STRONG FAMILIES
IN HENDERSON 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 35,764 contacts with individuals and families in Henderson County.1

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.

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

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**
- Henderson County had 7 supermarkets and other grocery stores and 26 convenience stores or gas stations with convenience stores in 2015.³
- According to Map the Meal Gap, in 2015, an estimated 7,280 individuals were food insecure in Henderson County.⁴
- Only 13.0% (23.0%-7.0%) of adults in Henderson County consumed five or more servings of fruits and vegetables per day between 2013-2015.⁵

**OUR RESULTS**
- 332 individuals increased their consumption of fruit and/or vegetables.¹
- 237 individuals prepared more healthy home-cooked meals.¹
- 50 individuals were exposed to Extension programming at a local farmers market.¹

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 32.6% (37.6%-27.8%) of adults 18 years and over in Henderson County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 27.8% (31.7%-24.0%) of adults in Henderson County reported no leisure-time exercise in the past month.⁶
- There were 3 fitness and recreation businesses in Henderson County in 2015.³

**OUR RESULTS**
- 22 individuals took part in 30 minutes of physical activity five or more days a week.¹
- 324 individuals are more likely to buy Kentucky fruits or vegetables because they tasted Plate It Up! Kentucky Proud recipe samples.¹

**Financial Environment**

**OUR COUNTY**
- The median household income in Henderson County was $45,718 ($50,085-$41,351) in 2015.⁸
- In Henderson County, 922 was the average monthly number of infants and children assisted by WIC* in 2013.⁹
- In 2015, there were 7,050 SNAP/food stamp recipients.¹⁰
- 8.8% (+/- 2.2%) of people age 65 and over were below poverty between 2011-2015¹¹ and 22.4% (27.4%-17.4%) of children ages 5-17 in families were below poverty in 2015.⁹
- Between 2011 and 2015, 3.1% (+/-1.4%) of full-time/full-year workers were below poverty.¹¹

**OUR RESULTS**
- 24% of all children in Henderson County ages 17 and under were below poverty in 2015.⁸

**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)
- ⁹ Kids Count Data Center. (datacenter.kidscount.org)
- ¹¹ 2015 American Community Survey 5 Year Estimates, U.S. Census Bureau (factfinder.census.gov)

* Margin of error: (+/- 20%–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

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