BUILDING STRONG FAMILIES
IN HICKMAN 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 16,191 contacts with individuals and families in Hickman County.¹

Melissa Goodman
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 Locations</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>1-2</td>
<td>73</td>
</tr>
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<td>34</td>
</tr>
<tr>
<td>5-7</td>
<td>4</td>
</tr>
<tr>
<td>8+</td>
<td>2</td>
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</tbody>
</table>

¹ Data from University of Kentucky Cooperative Extension
² Data from National Agricultural Statistics Service, U.S. Department of Agriculture
Food Environment

Our County
• Hickman County had 2 supermarkets and other grocery stores and 5 convenience stores or gas stations with convenience stores in 2015. 3
• According to Map the Meal Gap, in 2015, an estimated 680 individuals were food insecure in Hickman County. 4

Results
• 1,316 individuals reported eating more healthy foods. 1
• 120 individuals prepared more healthy home-cooked meals. 1
• 150 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries. 1

Physical Environment

Our County
• According to the CDC’s County Diabetes Atlas, 35.2% (42.9%-27.9%) of adults 18 years and over in Hickman County were obese between 2012 and 2014. 6
• The Diabetes Atlas also reports that between 2012 and 2014, 29.7% (37.4%-22.4%) of adults in Hickman County reported no leisure-time exercise in the past month. 6
• There were no fitness and recreation businesses in Hickman County in 2015. 3

Results
• 50 individuals adopted physical activity practices. 1
• Extension is involved in 3 healthy lifestyle coalitions. 1
• 34 participants made healthy changes so they could age well and live independently. 1

Financial Environment

Our County
• The median household income in Hickman County was $40,890 ($43,821-$37,959) in 2015. 8
• In Hickman County, 99 was the average monthly number of infants and children assisted by WIC* in 2013. 9
• In 2015, there were 759 SNAP/food stamp recipients. 10
• 9.7% (+/-4.1%) of people age 65 and over were below poverty between 2011-2015 11 and 24.9% (31.0%-18.8%) of children ages 5-17 in families were below poverty in 2015. 8
• Between 2011 and 2015, 5.9% (+/-3.5%) of full-time/full-year workers were below poverty. 11

Results
• 58 individuals practiced one or more resource management behaviors that result in increased savings or investments. 1
• 17 parents and/or caregivers used community resources when needed. 1
• 58 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.html)
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: (+/-23%-37%)

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.