BUILDING STRONG FAMILIES IN JOHNSON 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 21,867 contacts with individuals and families in Johnson County.¹

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**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.

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¹ Refer to sources or data for the statistics.

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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)

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Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development
**Our County**

- Johnson County had 4 supermarkets and other grocery stores and 16 convenience stores or gas stations with convenience stores in 2015.\(^3\)
- According to Map the Meal Gap, in 2015, an estimated 4,050 individuals were food insecure in Johnson County.\(^4\)
- Only 13.6% (21.2%-8.4%) of adults in Johnson County consumed five or more servings of fruits and vegetables per day between 2013-2015.\(^5\)

**Our Results**

- 32 individuals demonstrated healthy lifestyles and behaviors.\(^1\)
- 45 individuals reported improved lifestyle behavior.\(^1\)

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**Physical Environment**

- According to the CDC’s County Diabetes Atlas, 37.2% (42.6%-31.9%) of adults 18 years and over in Johnson County were obese between 2012 and 2014.\(^6\)
- The Diabetes Atlas also reports that between 2012 and 2014, 31.4% (36.3%-26.8%) of adults in Johnson County reported no leisure-time exercise in the past month.\(^6\)
- There were 1 fitness and recreation businesses in Johnson County in 2015.\(^3\)

**Our Results**

- 10 individuals implemented strategies to change health and financial behavior.\(^1\)
- 52 participants learned more about smart and healthy eating, physical activity, and mental activity that affect health and well-being.\(^1\)

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**Financial Environment**

- The median household income in Johnson County was $36,051 ($39,502-$32,600) in 2015.\(^8\)
- In Johnson County, 702 was the average monthly number of infants and children assisted by WIC* in 2013.\(^9\)
- In 2015, there were 6,349 SNAP/food stamp recipients.\(^10\)
- 12.0% (±/−4.0%) of people age 65 and over were below poverty between 2011-2015\(^11\) and 32.6% (39.8%-25.4%) of children ages 5-17 in families were below poverty in 2015.\(^8\)
- Between 2011 and 2015, 5.2% (±/−2.3%) of full-time/full-year workers were below poverty.\(^11\)

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**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)
8. 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/saipe.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: (+/−28%-41%)

*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