



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## 2018 KENTUCKY PROFILES



# BUILDING STRONG FAMILIES IN THE COMMONWEALTH OF KENTUCKY

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### OUR FOCUS

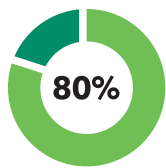
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

### OUR SUCCESS

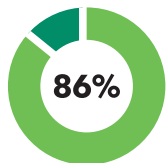
In 2016-2017,  
Family and  
Consumer Sciences  
Extension made  
**1,707,452**  
contacts with  
individuals and  
families in  
Kentucky.<sup>1</sup>

## A HEALTHIER KENTUCKY

# Making healthy lifestyle choices



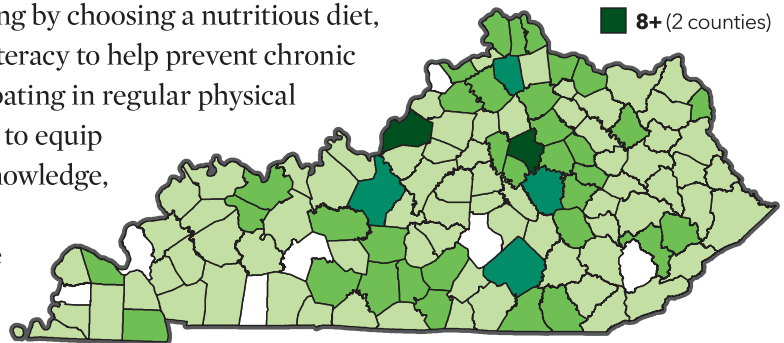
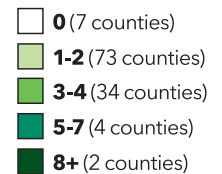
of counties in Kentucky  
implemented programs  
promoting healthy  
lifestyle choices.<sup>1</sup>



of counties in Kentucky  
implemented  
programs promoting  
healthy homes  
and communities.<sup>1</sup>

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 county<sup>2</sup>

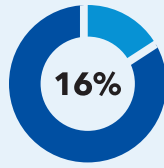




## Food Environment

### OUR COMMONWEALTH

- Kentucky had **794** supermarkets and other grocery stores and **1,895** convenience stores or gas stations with convenience stores in 2015.<sup>3</sup>
- According to Map the Meal Gap, in 2015, an estimated **699,590** individuals were food insecure in Kentucky.<sup>4</sup>
- Only **10.9% (11.6%-10.2%)** of adults in Kentucky consumed five or more servings of fruits and vegetables per day between 2013-2015.<sup>5</sup>



of the population in Kentucky were estimated to be food insecure in 2015.<sup>4</sup>

### OUR RESULTS

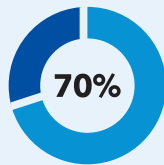
- **60,447** individuals reported eating more healthy foods.<sup>1</sup>
- **25,211** individuals prepared or intend to prepare more healthy home-cooked meals.<sup>1</sup>
- **\$61,871** in EBT, WIC, or senior benefits were redeemed at farmers markets.<sup>1</sup>



## Physical Environment

### OUR COMMONWEALTH

- According to the CDC, **34.2% (35.6%-32.7%)** of adults 18 years and over in Kentucky were obese in 2016.<sup>6</sup>
- The CDC also reports that in 2016, **29.8% (31.2%-28.4%)** of adults 18 years and over in Kentucky reported no leisure-time exercise in the past month.<sup>6</sup>
- There were **357** fitness and recreation businesses in Kentucky in 2015.<sup>3</sup>



of the population in Kentucky had adequate access to locations for physical activity in 2014.<sup>7</sup>

### OUR RESULTS

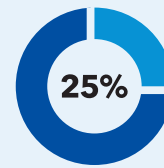
- **5,919** individuals adopted physical activity practices.<sup>1</sup>
- Extension is involved in **341** healthy lifestyle coalitions.<sup>1</sup>
- **181,411** participants were more knowledgeable about how to age well and live independently.<sup>1</sup>



## Financial Environment

### OUR COMMONWEALTH

- The median household income in Kentucky was **\$45,178 (\$45,642-\$44,714)** in 2015.<sup>8</sup>
- In Kentucky, **97,480** was the average monthly number of infants and children assisted by WIC\* in 2013.<sup>9</sup>
- In 2015, there were **697,056** SNAP/food stamp recipients.<sup>10</sup>
- **11.6% (+/-0.2%)** of people age 65 and over were below poverty between 2011-2015<sup>11</sup> and **23.8% (24.8%-22.8%)** of children ages 5-17 in families were below poverty in 2015.<sup>8</sup>
- Between 2011 and 2015, **3.5% (+/-0.1%)** of full-time/full-year workers were below poverty.<sup>11</sup>



of all children in Kentucky ages 17 and under<sup>12</sup> were below poverty in 2015.<sup>8</sup>

### OUR RESULTS

- **72,742** individuals implemented strategies to avoid breaches in personal or financial security.<sup>1</sup>
- **323,038** individuals became more knowledgeable regarding ways to secure financial stability.<sup>1</sup>
- **19,080** individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC\*, and food pantries.<sup>1</sup>

#### SOURCES:

<sup>1</sup> Kentucky Cooperative Extension Reporting, FY 2017

<sup>2</sup> Kentucky Proud Farmers Market Directory Report, Generated July 20, 2017 (<http://www.kyagr.com/marketing/farmers-market-directory-printable-format.aspx>)

<sup>3</sup> U.S. Census Bureau, 2015 County Business Patterns. ([factfinder.census.gov](http://factfinder.census.gov))

<sup>4</sup> Map the Meal Gap 2017. ([map.feedingamerica.org](http://map.feedingamerica.org))

<sup>5</sup> Kentucky Health Facts. ([www.kentuckyhealthfacts.org](http://www.kentuckyhealthfacts.org))

<sup>6</sup> CDC Nutrition, Physical Activity,

and Obesity Data, Trends and Maps. ([www.cdc.gov/nccdphp/dnpao/data-trends-maps](http://www.cdc.gov/nccdphp/dnpao/data-trends-maps))

<sup>7</sup> Robert Wood Johnson Foundation 2016 County Health Rankings. ([www.countyhealthrankings.org](http://www.countyhealthrankings.org))

<sup>8</sup> 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau ([www.census.gov/programs-surveys/saipe.html](http://www.census.gov/programs-surveys/saipe.html))

<sup>9</sup> Kids Count Data Center. ([datacenter.kidscount.org](http://datacenter.kidscount.org))

<sup>10</sup> Kentucky Cabinet for Health and Family Services. Data Book. December 2015. ([chfs.ky.gov/dcbs/data\\_book.htm](http://chfs.ky.gov/dcbs/data_book.htm))

<sup>11</sup> 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau ([factfinder.census.gov](http://factfinder.census.gov))

<sup>12</sup> Margin of error: **(+/-25%-26%)**

\* 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](http://hes.uky.edu/StrongFamilies)

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