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.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.

Number of farmers market locations by Kentucky county²

<table>
<thead>
<tr>
<th>Number of Markets</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>1-2</td>
<td>73</td>
</tr>
<tr>
<td>3-4</td>
<td>34</td>
</tr>
<tr>
<td>5-7</td>
<td>4</td>
</tr>
<tr>
<td>8+</td>
<td>2</td>
</tr>
</tbody>
</table>

¹ Data from the 2016-2017 Extension Public Service Report.
² Data from the Kentucky Farmers Market Directory.
Food Environment

Our Commonwealth

- Kentucky had 794 supermarkets and other grocery stores and 1,895 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 699,590 individuals were food insecure in Kentucky.4
- Only 10.9% (11.6%-10.2%) of adults in Kentucky consumed five or more servings of fruits and vegetables per day between 2013-2015.5

Our Results

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

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 2016.6
- 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.6
- There were 357 fitness and recreation businesses in Kentucky in 2015.3

Our Results

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

Financial Environment

Our Commonwealth

- The median household income in Kentucky was $45,178 ($45,642-$44,714) in 2015.8
- In Kentucky, 97,480 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 679,056 SNAP/food stamp recipients.10
- 11.6% (+/-0.2%) of people age 65 and over were below poverty between 2011-201511 and 23.8% (24.8%-22.8%) of children ages 5-17 in families were below poverty in 2015.9
- Between 2011 and 2015, 3.5% (+/-0.1%) of full-time/full-year workers were below poverty.11

Our Results

- 72,742 individuals implemented strategies to avoid breaches in personal or financial security.1
- 323,038 individuals became more knowledgeable regarding ways to secure financial stability.1
- 19,080 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.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 2016 County Health Rankings, (www.countyhealthrankings.org)
8 Small Area Income and Poverty Estimates, U.S. Census Bureau (factfinder.census.gov)
9 Margin of error: (+/-25%-26%)
10 WIC is the Special Supplemental Nutrition Program for Women, Infants, and Chi-Inden 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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