BUILDING STRONG FAMILIES IN KNOTT 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 40,180 contacts with individuals and families in Knott County.

Linda Combs
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 county

- 0 (7 counties)
- 1-2 (73 counties)
- 3-4 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)
Food Environment

Our County

• Knott County had 5 supermarkets and other grocery stores and 8 convenience stores or gas stations with convenience stores in 2015.3

• According to Map the Meal Gap, in 2015, an estimated 2,930 individuals were food insecure in Knott County.4

• Only 9.1% (21.3%-3.6%) of adults in Knott County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

Our Results

• 77 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.1

• 608 individuals have a better understanding of cost-saving strategies and more confidence in handling money issues.1

Physical Environment

Our County

• According to the CDC’s County Diabetes Atlas, 40.2% (46.0%-34.6%) of adults 18 years and over in Knott County were obese between 2012 and 2014.6

• The Diabetes Atlas also reports that between 2012 and 2014, 36.6% (42.5%-30.9%) of adults in Knott County reported no leisure-time exercise in the past month.6

• There were no fitness and recreation businesses in Knott County in 2015.3

Our Results

• 122 individuals made changes to their diet and began exercising to improve their health.1

• 47 participants made healthy changes so they could age well and live independently.1

Financial Environment

Our County

• The median household income in Knott County was $30,138 ($33,139-$27,137) in 2015.8

• In Knott County, 523 was the average monthly number of infants and children assisted by WIC* in 2013.9

• In 2015, there were 5,165 SNAP/food stamp recipients.10

• 9.9% (+/-3.1%) of people age 65 and over were below poverty between 2011-201511 and 43.2% (52.6%-33.8%) of children ages 5-17 in families were below poverty in 2015.8

• Between 2011 and 2015, 4.6% (+/-2.0%) of full-time/full-year workers were below poverty.11

Our Results

• 509 individuals reported eating more healthy foods.1

• 124 individuals became more knowledgeable regarding ways to secure financial stability.1

• 276 individuals used at least one strategy to reduce expenses or manage money.1

• Extension is involved in 3 healthy lifestyle coalitions.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)
6 CDC County Diabetes Atlas. (www.cdc.gov/diabetes/countydata/atlas.html)
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/saipe/hm/)
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: (+/-38%-55%)

* 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

College of Agriculture, Food, and Environment

School of Human Environmental Sciences

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