BUILDING STRONG FAMILIES IN LAUREL 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 106,723 contacts with individuals and families in Laurel County.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.

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

Number of farmers market locations by Kentucky county²

<table>
<thead>
<tr>
<th>Number of Locations</th>
<th>Count</th>
<th>Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>7</td>
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</tr>
<tr>
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</tr>
<tr>
<td>3-4</td>
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<td>4</td>
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<tr>
<td>8+</td>
<td>2</td>
<td>2</td>
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</tbody>
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¹ Source: Cooperative Extension
² Source: Kentucky Farmer's Market Directory
**Our County**

- Laurel County had 8 supermarkets and other grocery stores and 43 convenience stores or gas stations with convenience stores in 2015.  
- According to Map the Meal Gap, in 2015, an estimated 9,540 individuals were food insecure in Laurel County.  
- Only 13.6% (25.3%-6.8%) of adults in Laurel County consumed five or more servings of fruits and vegetables per day between 2013-2015.

**Results**

- 2,391 individuals reported eating more healthy foods.  
- 641 individuals prepared more healthy home-cooked meals.  
- 556 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC, and food pantries.

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**Physical Environment**

**Our County**

- According to the CDC’s County Diabetes Atlas, 37.8% (42.3%-33.9%) of adults 18 years and over in Laurel County were obese between 2012 and 2014.  
- The Diabetes Atlas also reports that between 2012 and 2014, 30.3% (34.3%-26.6%) of adults in Laurel County reported no leisure-time exercise in the past month.  
- There was 1 fitness and recreation business in Laurel County in 2015.

**Results**

- 62 individuals adopted physical activity practices.  
- Extension is involved in 7 healthy lifestyle coalitions.  
- 580 participants made healthy changes so they could age well and live independently.

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**Financial Environment**

**Our County**

- The median household income in Laurel County was $37,737 ($40,439-$35,035) in 2015.  
- In Laurel County, 1,342 was the average monthly number of infants and children assisted by WIC in 2013.  
- In 2015, there were 12,899 SNAP/food stamp recipients.  
- 12.5% (+/-2.6%) of people age 65 and over were below poverty between 2011-2015 and 31.4% (37.3%-25.5%) of children ages 5-17 in families were below poverty in 2015.  
- Between 2011 and 2015, 3.5% (+/-1.0%) of full-time/full-year workers were below poverty.

**Results**

- 478 individuals became more knowledgeable regarding ways to secure financial stability.  
- 16 individuals examined their personal and financial stability at least annually.

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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 5Year Estimates, U.S. Census Bureau (factfinder.census.gov)  
12. Margin of error: (+/-27%-39%).

*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