BUILDING STRONG FAMILIES
IN LETCHER 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 81,490 contacts with individuals and families in Letcher 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.
**OUR COUNTY**

- Letcher County had 4 supermarkets and other grocery stores or gas stations with convenience stores in 2015.\(^3\)
- According to Map the Meal Gap, in 2015, an estimated 4,590 individuals were food insecure in Letcher County.\(^4\)
- Only 5.5% (9.7%-3.1%) of adults in Letcher County consumed five or more servings of fruits and vegetables per day between 2013-2015.\(^5\)

**OUR RESULTS**

- 686 individuals reported eating more healthy foods.\(^1\)
- 63 individuals prepared more healthy home-cooked meals.\(^1\)
- 65 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.\(^1\)

**Physical Environment**

- According to the CDC's County Diabetes Atlas, 38.6% (43.6%-34.2%) of adults 18 years and over in Letcher County were obese between 2012 and 2014.\(^6\)
- The Diabetes Atlas also reports that between 2012 and 2014, 34.6% (39.5%-29.7%) of adults in Letcher County reported no leisure-time exercise in the past month.\(^6\)
- There were no fitness and recreation businesses in Letcher County in 2015.\(^3\)

**OUR RESULTS**

- 179 individuals adopted physical activity practices.\(^1\)
- Extension is involved in 2 healthy lifestyle coalitions.\(^1\)
- 157 participants made healthy changes so they could age well and live independently.\(^1\)

**SOURCES:**

1. Kentucky Cooperative Extension Reporting, FY 2017
3. U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
4. Kentucky Health Facts. (www.kentuckyhealthfacts.org)
7. 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/aipe/h)
8. Kids Count Data Center. (datacenter.kidscount.org)
10. 2015 American Community Survey 5-year Estimates, U.S. Census Bureau (factfinder.census.gov)
11. Margin of error: (+/-34% -50%)

* 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.

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For more information and to download this and other county profiles, visit hes.uky.edu/StrongFamilies