BUILDING STRONG FAMILIES
IN LEWIS 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 38,000 contacts with individuals and families in Lewis County.¹

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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

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

**Our County**
- Lewis County had 5 supermarkets and other grocery stores and 7 convenience stores or gas stations with convenience stores in 2015.1
- According to Map the Meal Gap, in 2015, an estimated 2,540 individuals were food insecure in Lewis County.2
- Only 4.6% (9.0%-2.3%) of adults in Lewis County consumed five or more servings of fruits and vegetables per day between 2013-2015.3

**Results**
- 358 individuals reported eating more healthy foods.1
- 31 individuals intended to prepare more healthy home-cooked meals.1

Physical Environment

**Our County**
- According to the CDC’s County Diabetes Atlas, 38.3% (42.3%-34.2%) of adults 18 years and older in Lewis County were obese between 2012 and 2014.4
- The Diabetes Atlas also reports that between 2012 and 2014, 35.2% (39.4%-31.1%) of adults in Lewis County reported no leisure-time exercise in the past month.5
- There were no fitness and recreation businesses in Lewis County in 2015.3

**Results**
- 28 individuals adopted physical activity practices.1
- Extension is involved in 2 healthy lifestyle coalitions.1

Financial Environment

**Our County**
- The median household income in Lewis County was $33,867 ($37,203-$30,531) in 2015.8
- In Lewis County, 412 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 3,606 SNAP/food stamp recipients.10
- 18.7% (+/-4.3%) of people age 65 and over were below poverty between 2011-2015 and 34.4% (42.9%-25.9%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 7.8% (+/-3.0%) of full-time/full-year workers were below poverty.11

**Results**
- 7 individuals became more knowledgeable regarding ways to secure financial stability.1
- 243 people improved their lifestyles by focusing on proper nutrition, reducing disease and injuries, and taking a comprehensive approach to health maintenance.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)
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: (+/-28%-44%)

* 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.*