BUILDING STRONG FAMILIES IN LIVINGSTON COUNTY

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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, Cooperative Extension made 21,195 contacts with individuals and families in Livingston 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.

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)
OUR COUNTY

- Livingston County had 4 supermarkets and other grocery stores and 6 convenience stores or gas stations with convenience stores in 2015.2
- According to Map the Meal Gap, in 2015, an estimated 1,260 individuals were food insecure in Livingston County.4
- Only 13.2% (43.9%-2.9%) of adults in Livingston County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

OUR RESULTS

- 480 individuals reported eating more healthy foods.1
- 48 individuals prepared more healthy home-cooked meals.1
- 25 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.1

Financial Environment

OUR COUNTY

- The median household income in Livingston County was $44,551 ($48,878-$40,224) in 2015.8
- In Livingston County, 224 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 1,330 SNAP/food stamp recipients.10
- 15.1% (+/-5.0%) of people age 65 and over were below poverty between 2011-201511 and 23.4% (29.1%-17.7%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 2.4% (+/-1.4%) of full-time/full-year workers were below poverty.11

OUR RESULTS

- 230 individuals practiced one or more resource management behaviors that result in increased savings or investments.1
- 230 individuals adopted short, mid- and/or long-term financial planning strategies.1

Physical Environment

OUR COUNTY

- According to the CDC’s County Diabetes Atlas, 29.7% (36.1%-24.1%) of adults 18 years and older in Livingston County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 32.4% (39.3%-25.6%) of adults in Livingston County reported no leisure-time exercise in the past month.6
- There were no fitness and recreation businesses in Livingston County in 2015.3

OUR RESULTS

- 339 individuals made changes to their diet and began exercising to improve their health.1
- Extension is involved in 1 healthy lifestyle coalition.1

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

SOURCES:

1 Kentucky Cooperative Extension Reporting, FY 2017
3 U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
5 Robert Wood Johnson Foundation 2016 County Health Rankings. (www.countyhealthrankings.org)
6 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/saipe.html)
7 Kids Count Data Center. (datacenter.kidscount.org)
9 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
10 Margin of error: (+/- 20%-30%)

* 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.