BUILDING STRONG FAMILIES IN MASON 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.

Heather Cheek
County Extension Agent, Family and Consumer Sciences Education

Our Success
In 2016-2017, Cooperative Extension made 65,875 contacts with individuals and families in Mason 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

<table>
<thead>
<tr>
<th>Number of Farmers</th>
<th>Kentucky Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 (7 counties)</td>
<td>1-2 (73 counties)</td>
</tr>
<tr>
<td>3-4 (34 counties)</td>
<td>5-7 (4 counties)</td>
</tr>
<tr>
<td>8+ (2 counties)</td>
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</tbody>
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¹ University of Kentucky Cooperative Extension Service
² University of Kentucky Cooperative Extension Service
**Food Environment**

**OUR COUNTY**
- Mason County had 4 supermarkets and other grocery stores and 18 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 2,770 individuals were food insecure in Mason County.4
- Only 5.6% (11.5%-2.7%) of adults in Mason County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

**OUR RESULTS**
- 202 individuals reported eating more healthy foods.1
- 143 individuals prepared more healthy home-cooked meals.1

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 30.1% (34.6%-26.0%) of adults 18 years and over in Mason County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 26.5% (30.6%-22.8%) of adults in Mason County reported no leisure-time exercise in the past month.6
- There was 1 fitness and recreation business in Mason County in 2015.3

**OUR RESULTS**
- 138 individuals made changes to their diet and began exercising to improve their health.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 2016 County Health Rankings. (www.countyhealthrankings.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)