BUILDING STRONG FAMILIES

IN McCREEARY 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 13,619 contacts with individuals and families in McCreary 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)

¹ of counties in Kentucky implemented programs promoting healthy lifestyle choices.

² of counties in Kentucky implemented programs promoting healthy homes and communities.
**OUR COUNTY**
- McCreary County had 3 supermarkets and other grocery stores and 13 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 3,960 individuals were food insecure in McCreary County.4
- Only 5.3% (13.3%-2.0%) of adults in McCreary County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

**OUR RESULTS**
- 25 individuals were exposed to Extension programming at a local farmers market.1
- $50,000 in funding has been received by community health coalitions.3

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabeties Atlas, 34.3% (40.3%-28.3%) of adults 18 years and over in McCreary County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 30.4% (36.7%-24.4%) of adults in McCreary County reported no leisure-time exercise in the past month.6
- There were no fitness and recreation businesses in McCreary County in 2015.3

**OUR RESULTS**
- 50 individuals adopted physical activity practices.1
- 50 individuals demonstrated that they had spent time being physically active.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)
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 5-year Estimates, U.S. Census Bureau (factfinder.census.gov)
12. Margin of error: (+/-41% - 63%)

*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.*