BUILDING STRONG FAMILIES
IN MONTGOMERY 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 36,961 contacts with individuals and families in Montgomery County.

Hannah Mayrand
County Extension Agent, Family and Consumer Sciences Education

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 county

- 1-7 (73 counties)
- 8-14 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)
**Food Environment**

**OUR COUNTY**
- Montgomery County had 5 supermarkets and other grocery stores and 24 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 4,690 individuals were food insecure in Montgomery County.4
- Only 7.4% (14.1%-3.8%) of adults in Montgomery County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

**OUR RESULTS**
- 183 individuals reported eating more healthy foods.1
- 26 individuals prepared more healthy home-cooked meals.1
- 23 individuals used delivery systems/access points that supply healthy foods such as farmers markets, WIC*, and food pantries.1

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 32.2% (36.6%-27.9%) of adults 18 years and over in Montgomery County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 30.1% (34.3%-26.3%) of adults in Montgomery County reported no leisure-time exercise in the past month.6
- There were 2 fitness and recreation businesses in Montgomery County in 2015.3

**OUR RESULTS**
- 35 individuals demonstrated that they had spent time being physically active.1
- 24 participants made healthy changes so they could age well and live independently.1

**Financial Environment**

**OUR COUNTY**
- The median household income in Montgomery County was $42,468 ($46,703-$38,233) in 2015.8
- In Montgomery County, 632 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 4,978 SNAP/food stamp recipients.10
- 14.6% (+/-3.4%) of people age 65 and over were below poverty between 2011-201511 and 30.1% (35.3%-24.9%) of children ages 5-17 in families were below poverty in 2015.9
- Between 2011 and 2015, 7.6% (+/-3.0%) of full-time/full-year workers were below poverty.11

**OUR RESULTS**
- 20 individuals became more knowledgeable regarding ways to secure financial stability.1
- 12 individuals implemented strategies to avoid breaches in personal or financial security.1
- Extension is involved in 6 healthy lifestyle coalitions.1

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**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 2015 County Health Rankings. (www.countyhealthrankings.org)
8 2015 Small Area Income and Poverty Estimates, U.S. Census Bureau (www.census.gov/programs-surveys/ssaep.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: (+/-25%-35%)

*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.*

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