BUILDING STRONG FAMILIES
IN NELSON 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 71,397 contacts with individuals and families in Nelson 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

80%
of counties in Kentucky implemented programs promoting healthy lifestyle choices.¹

86%
of counties in Kentucky implemented programs promoting healthy homes and communities.¹

¹Source: Cooperative Extension Service, University of Kentucky
²Source: Kentucky Department of Agriculture, Kentucky Department of Education
Food Environment

Our County

- Nelson County had 5 supermarkets and other grocery stores and 23 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 5,900 individuals were food insecure in Nelson County.4
- Only 7.0% (12.8%-3.7%) of adults in Nelson County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

Our Results

- 689 individuals reported eating more healthy foods.1
- 8 individuals prepared more healthy home-cooked meals.1

Physical Environment

According to the CDC’s County Diabetes Atlas, 32.4% (37.6%-27.3%) of adults 18 years and over in Nelson County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 28.9% (34.3%-24.5%) of adults in Nelson County reported no leisure-time exercise in the past month.6
- There were 5 fitness and recreation businesses in Nelson County in 2015.3

Our Results

- 200 individuals were exposed to Extension programming at a local farmers market.1
- 5 individuals used delivery systems/access points that supply healthy foods such as farmer’s markets, WIC*, and food pantries.1

Sources:

1 Kentucky Cooperative Extension Reporting, FY 2017
2 Kentucky Proud Farmers Market Directory Report, Generated July 20, 2017 (http://www.kyagr.com/marketing/farmers-market-directory-printable-k-
format.aspx)
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/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: (+/-15%–23%)

Financial Environment

Our County

- The median household income in Nelson County was $51,843 ($55,655-$48,031) in 2015.8
- In Nelson County, 895 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 5,435 SNAP/food stamp recipients.10
- 10.7% (+/-3.6%) of people age 65 and over were below poverty between 2011-201511 and 17.1% (21.1%-13.1%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 3.2% (+/-1.3%) of full-time/full-year workers were below poverty.11

Our Results

- 19% of all children in Nelson County ages 17 and under were below poverty in 2015.8

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