BUILDING STRONG FAMILIES IN NICHOLAS 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 14,467 contacts with individuals and families in Nicholas County.¹

Madison McAlmond
County Extension Agent, Family and Consumer Sciences Education

A HEALTHIER KENTUCKY
Making healthy lifestyle choices

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

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**

- Nicholas County had 2 supermarkets and other grocery stores and 5 convenience stores or gas stations with convenience stores in 2015.²
- According to Map the Meal Gap, in 2015, an estimated 1,120 individuals were food insecure in Nicholas County.⁴

**6%** of the population in Nicholas County had adequate access to locations for physical activity in 2014.⁷

**OUR COUNTY**

- The median household income in Nicholas County was $37,267 ($41,059-$33,475) in 2015.⁸
- In Nicholas County, 205 was the average monthly number of infants and children assisted by WIC* in 2013.⁹
- In 2015, there were 1,422 SNAP/food stamp recipients.¹⁰
- 16.5% (+/- 5.6%) of people age 65 and over were below poverty between 2011-2015 and 33.8% (41.0%-26.6%) of children ages 5-17 in families were below poverty in 2015.⁸
- Between 2011 and 2015, 6.3% (+/- 3.2%) of full-time/full-year workers were below poverty.¹¹

**34%** of all children in Nicholas County ages 17 and under were below poverty in 2015.⁸

**Physical Environment**

- According to the CDC’s County Diabetes Atlas, 32.5% (41.4%-24.9%) of adults 18 years and over in Nicholas County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 30.3% (39.0%-22.2%) of adults in Nicholas County reported no leisure-time exercise in the past month.⁶
- There were no fitness and recreation businesses in Nicholas County in 2015.³

**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 2015 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: (+/- 28%-41%)
¹¹ 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

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