BUILDING STRONG FAMILIES IN ROCKCASTLE 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 23,508 contacts with individuals and families in Rockcastle 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

- 0 (7 counties)
- 1-2 (73 counties)
- 3-4 (34 counties)
- 5-7 (4 counties)
- 8+ (2 counties)

¹ 2017 Extension Program Impact Report
² Cooperative Extension Service Kentucky 2017 Annual Report
Food Environment

**OUR COUNTY**
- Rockcastle County had 3 supermarkets and other grocery stores and 10 convenience stores or gas stations with convenience stores in 2015.3
- According to Map the Meal Gap, in 2015, an estimated 2,710 individuals were food insecure in Rockcastle County.4
- Only 21.6% (38.5%-10.8%) of adults in Rockcastle County consumed five or more servings of fruits and vegetables per day between 2013-2015.5

**OUR RESULTS**
- 12 individuals reported eating more healthy foods.1
- 108 people increased their knowledge of ways to balance income and expenses.3

Physical Environment

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 36.0% (41.8%-29.8%) of adults 18 years and over in Rockcastle County were obese between 2012 and 2014.6
- The Diabetes Atlas also reports that between 2012 and 2014, 35.4% (41.9%-29.1%) of adults in Rockcastle County reported no leisure-time exercise in the past month.6
- There were no fitness and recreation businesses in Rockcastle County in 2015.3

**OUR RESULTS**
- 8 individuals made changes to their diet and began exercising to improve their health.1
- 8 individuals took part in 30 minutes of physical activity five or more days a week.1

Financial Environment

**OUR COUNTY**
- The median household income in Rockcastle County was $33,293 ($36,166-$30,420) in 2015.8
- In Rockcastle County, 491 was the average monthly number of infants and children assisted by WIC* in 2013.9
- In 2015, there were 3,859 SNAP/food stamp recipients.10
- 18.2% (+/-5.3%) of people age 65 and over were below poverty between 2011-201511 and 29.6% (36.7%-22.5%) of children ages 5-17 in families were below poverty in 2015.8
- Between 2011 and 2015, 4.0% (+/-1.7%) of full-time/full-year workers were below poverty.11

**OUR RESULTS**
- 210 individuals used community resources when needed.1
- 28 individuals practiced setting goals for how to use their money.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 CDC County Diabetes Atlas. (www.cdc.gov/diabetes/countydata/atlas.html)
6 U.S. Census Bureau, 2015 County Health Rankings. (www.countyhealthrankings.org)
8 Kids Count Data Center. (datacenter.kidscount.org)
10 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
11 Margin of error: (+/-26%-39%)

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

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