BUILDING STRONG FAMILIES IN TRIGG 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 31,997 contacts with individuals and families in Trigg County.¹

Cecelia Hostilo
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 county²

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

¹of counties in Kentucky implemented programs promoting healthy lifestyle choices.
²of counties in Kentucky implemented programs promoting healthy homes and communities.
**Food Environment**

**OUR COUNTY**
- Trigg County had 3 supermarkets and other grocery stores and 7 convenience stores or gas stations with convenience stores in 2015.³
- According to Map the Meal Gap, in 2015, an estimated 2,000 individuals were food insecure in Trigg County.⁴
- Only 5.9% (12.7%-2.6%) of adults in Trigg County consumed five or more servings of fruits and vegetables per day between 2013-2015.⁵

**OUR RESULTS**
- 14% of the population in Trigg County were estimated to be food insecure in 2015.⁴

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 33.4% (39.1%-27.9%) of adults 18 years and over in Trigg County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 28.8% (34.5%-23.4%) of adults in Trigg County reported no leisure-time exercise in the past month.⁶
- There were no fitness and recreation businesses in Trigg County in 2015.³

**OUR RESULTS**
- 61% of the population in Trigg County had adequate access to locations for physical activity in 2014.⁷

**Financial Environment**

**OUR COUNTY**
- The median household income in Trigg County was $45,106 ($49,543-$40,669) in 2015.⁸
- In Trigg County, 340 was the average monthly number of infants and children assisted by WIC in 2013.⁹
- In 2015, there were 1,482 SNAP/food stamp recipients.¹⁰
- 9.2% (+/- 3.9%) of people age 65 and over were below poverty between 2011-2015¹¹ and 24.4% (30.2%-18.6%) of children ages 5-17 in families were below poverty in 2015.⁶
- Between 2011 and 2015, 5.4% (+/-2.2%) of full-time/full-year workers were below poverty.¹¹

**OUR RESULTS**
- 27% of all children in Trigg County ages 17 and under were below poverty in 2015.⁸

**SOURCES:**
1. Kentucky Cooperative Extension Reporting, FY 2017
3. U.S. Census Bureau, 2015 County Business Patterns. (factfinder.census.gov)
5. American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
6. Margin of error: (+/- 21%-32%)
7. 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.
8. 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
11. 2015 American Community Survey 5-Year Estimates, U.S. Census Bureau (factfinder.census.gov)
12. Margin of error: (+/- 21%-32%)

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