BUILDING STRONG FAMILIES

IN WARREN 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 47,184 contacts with individuals and families in Warren County.¹

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)
Food Environment

**OUR COUNTY**
- Warren County had 18 supermarkets and other grocery stores and 52 convenience stores or gas stations with convenience stores in 2015.³
- According to Map the Meal Gap, in 2015, an estimated 18,500 individuals were food insecure in Warren County.⁴
- Only 9.1% (13.2%-6.1%) of adults in Warren County consumed five or more servings of fruits and vegetables per day between 2013-2015.⁵

![Image of a person with a food chart]

**Physical Environment**

**OUR COUNTY**
- According to the CDC’s County Diabetes Atlas, 31.6% (35.5%-27.8%) of adults 18 years and over in Warren County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 24.6% (28.0%-21.7%) of adults in Warren County reported no leisure-time exercise in the past month.⁶
- There were 14 fitness and recreation businesses in Warren County in 2015.³

![Image of a person exercising]

**Financial Environment**

**OUR COUNTY**
- The median household income in Warren County was $45,964 ($49,678-$42,250) in 2015.⁸
- In Warren County, 2,177 was the average monthly number of infants and children assisted by WIC* in 2013.⁹
- In 2015, there were 15,507 SNAP/food stamp recipients.¹⁰
- 6.7% (±/-1.4%) of people age 65 and over were below poverty between 2011-2015¹¹ and 22.6% (26.7%-18.5%) of children ages 5-17 in families were below poverty in 2015.⁸
- Between 2011 and 2015, 3.6% (±/-0.9%) of full-time/full-year workers were below poverty.¹¹

![Image of a person holding a tablet]