BUILDING STRONG FAMILIES IN WHITLEY 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 **111,795** contacts with individuals and families in Whitley County.¹

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**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.

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¹Statistical data for 2016-2017
²Map showing number of farmers market locations by Kentucky county.
Food Environment

**OUR COUNTY**

- Whitley County had 12 supermarkets and other grocery stores and 15 convenience stores or gas stations with convenience stores in 2015.³
- According to Map the Meal Gap, in 2015, an estimated 6,250 individuals were food insecure in Whitley County.⁴
- Only 13.0% (20.6%-7.9%) of adults in Whitley County consumed five or more servings of fruits and vegetables per day between 2013-2015.⁵

**OUR RESULTS**

- 18% of the population in Whitley County were estimated to be food insecure in 2015.⁴

**Financial Environment**

**OUR COUNTY**

- The median household income in Whitley County was $31,903 ($34,821-$28,977) in 2015.⁸
- In Whitley County, 1,604 was the average monthly number of infants and children assisted by WIC* in 2013.⁹
- In 2015, there were 10,119 SNAP/food stamp recipients.¹⁰
- 15.6% (+/-3.8%) of people age 65 and over were below poverty between 2011-2015 and 40.0% (47.9%-32.1%) of children ages 5-17 in families were below poverty in 2015.⁶
- Between 2011 and 2015, 4.1% (+/-1.6%) of full-time/full-year workers were below poverty.¹¹

**OUR RESULTS**

- $488 in EBT, WIC, or senior benefits were redeemed at farmers markets.¹
- 12 individuals made changes to their diet and began exercising to improve their health.¹

Physical Environment

**OUR COUNTY**

- According to the CDC’s County Diabetes Atlas, 36.3% (42.2%-30.7%) of adults 18 years and over in Whitley County were obese between 2012 and 2014.⁶
- The Diabetes Atlas also reports that between 2012 and 2014, 34.9% (40.3%-29.6%) of adults in Whitley County reported no leisure-time exercise in the past month.⁶
- There was 1 fitness and recreation business in Whitley County in 2015.³

**OUR RESULTS**

- 81% of the population in Whitley County had adequate access to locations for physical activity in 2014.⁷

Sources:

1. Kentucky Cooperative Extension Reporting, FY 2017
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)
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: (+/-13.9%)

* 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