Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McCreary County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to live independently longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** that recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available, and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2013-2014, Family and Consumer Sciences Extension made **11,895** contacts with McCreary County individuals and families.

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The “Get Moving McCreary County” program conducted by the Cooperative Extension Service consisted of six weight management lessons. Participants discussed problems associated with their own weight management and community issues that may stifle the progress of weight loss or weight management. Participants received self-assessment tools to evaluate health and track progress, and a healthy recipe and taste sample, as well as a nightly syllabus to use as reference. At the end of each lesson, the nine participants said they would use this information to implement change, as necessary, to their individual diets and the activities and diets of their household. Many also noted their plan to use the recipes in their own homes.

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**GET MOVING McCREARY COUNTY**

http://hes.uky.edu/StrongFamilies
Housing has long been recognized as a basic human need. Yet, because housing is often a family's largest expense and largest debt, it can be a stumbling block for many. Safe, lower-cost housing options are often limited for struggling families, and this can lead them into crisis. Family and Consumer Sciences Extension helps people improve home safety, lessen their environmental footprint, and strengthen financial stability. It also helps communities promote healthy lifestyles throughout the lifespan by supporting strong family home environments. Please tell us ways you think we can do more.

**AVAILABILITY**

In 2010, in McCreary County, there were…
- **1,757** renter households
- **4,720** homeowner households
- **199** vacant housing units for rent
- **72** vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, **34** children were homeless or were precariously housed in McCreary County.

**HEALTH AND SAFETY**

In McCreary County, it is estimated that in 2008-2012…
- Half of all renter-occupied housing was built before **1978** (+/- 4 years)
- Half of all owner-occupied housing was built before **1981** (+/- 3 years)

According to 2008-2012 American Community Survey estimates in McCreary County…
- **4.9%** (+/- 2.2) of all households had no landline or cell phone
- **29.6%** (+/- 6.0) of workers living in McCreary County worked in Kentucky but outside the county and **9.9%** (+/- 3.1) worked outside the state
- Half of all workers traveled **27.6** (+/- 3.5) or more minutes to work

**AFFORDABILITY**

According to American Community Survey estimates for McCreary County, in 2008-2012…
- **57.5%** (+/- 8.9) of renter households paid **35%** or more of their income for rent and utilities
- **35.5%** (+/- 7.4) of homeowner households with a mortgage and **9.7%** (+/- 4.7) of homeowner households without a mortgage paid **35%** or more of their income for housing costs
- **49.1%** (+/- 5.9) of homeowner households did not have a mortgage
- **26.2%** (+/- 3.7) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, **41.6%** (+/- 7.5) of residents in the county were living below poverty.

In 2013, residents needed to earn **$10.87** an hour (or work **1.5** jobs at **$7.25** an hour**) to afford a two-bedroom apartment at Fair Market Rent in McCreary County.

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