Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Pulaski County. To help Kentuckians strengthen their financial, physical, and social well-being, 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 2014-2015, Family and Consumer Sciences Extension made 29,812 contacts with Pulaski County individuals and families.¹

At SomerSplash Waterpark, 500 children under the age of 18 get free passes to the water park, a nutritious meal, a book about staying healthy, and sunscreen and sun safety tips during The Longest Day of Play. The free event promotes physical activity and healthy living and is held on the first day of summer, the longest day of the year. The event is hosted by the University of Kentucky Cooperative Extension Service, Lake Cumberland Health Department, Pulaski County Schools, Eastern Kentucky Personal Responsibility in a Desirable Environment, and the city of Somerset.

http://hes.uky.edu/StrongFamilies
**FINANCIAL WELL-BEING**

In Pulaski County, the median household income in 2013 was $34,355 (± $2,619) compared to $43,307 (± $631) for the state.³

The American Community Survey estimates that between 2009-2013:⁴

- **26.4% (±4.0)** of families with related children were below poverty
- **16.6% (±2.7)** of people age 65 and over were below poverty
- **4.2% (±1.1)** of individuals working full time/full year in the previous 12 months were below poverty
- **61.0%** of students were eligible for free lunches and **6.7%** were eligible for reduced-price lunches in 2014-2015⁵

**As a result of participating in Pulaski County Extension programs:**¹

- 1,000 people demonstrated informed and effective decision-making.
- 1,000 people demonstrated increased practical living skills.

**SOCIAL WELL-BEING**

The American Community Survey estimates that between 2009-2013 in Pulaski County:⁴

- **29.3% (±0.9)** of households included one or more persons age 65 and over
- **1,059 (±261)** grandparents lived with and were responsible for their own grandchildren
- **64.1% (±7.3)** of children under 6 years and **69.1% (±4.8)** of children 6-17 years had all parents in the labor force
- **1,078 (±246)** of those age 5 and older spoke a language other than English at home
- **4,696 (±389)** civilian veterans lived in Pulaski County

In Pulaski County:

- **20.1% (23.8%-16.8%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **134** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **47.4%** of those registered to vote did so in the 2014 General Election¹¹

**As a result of participating in Pulaski County Extension programs:**¹

- 140 adults reported increased leadership skills, knowledge or confidence.
- 2,700 people were reached with information related to health and safety.

**Percent of child support collected (2014)¹⁰**

- 30-48%
- 49-57%
- 58-65%
- 66-76%

**PHYSICAL WELL-BEING**

According to the CDC’s County Diabetes Atlas, in Pulaski County in 2012:⁶

- **13.7% (16.0%-11.5%)** of adults reported having been diagnosed with diabetes
- **34.7% (38.6%-30.9%)** of adults 18 years and over were obese
- **31.8% (35.6%-28.3%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Pulaski County:⁷

- **38.2% (43.4%-33.2%)** of adults reported having been diagnosed with high blood pressure
- **28.7% (32.1%-25.5%)** of adults reported fair or poor health

In Pulaski County:

- **71.1%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **19.7% (±2.6)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **66** deaths were from a drug overdose between 2009-2013⁹

**As a result of participating in Pulaski County Extension programs:**¹

- 186 people increased knowledge of lifestyle changes to improve personal health.
- 2,440 children and youth learned to eat more healthy food.