



LAWRENCE COUNTY

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Building Strong Families FOR KENTUCKY 2016



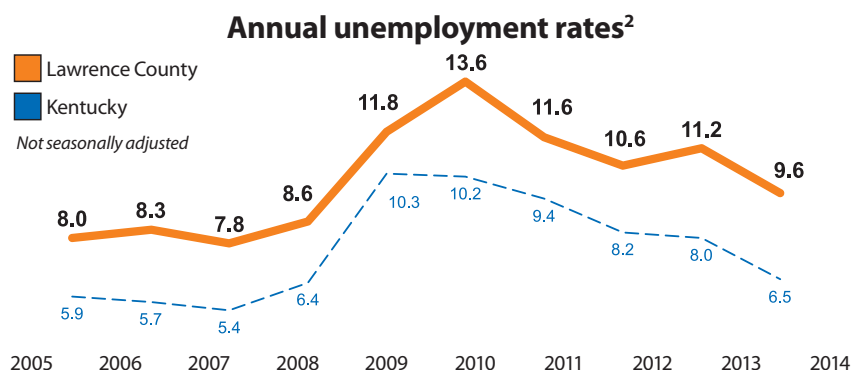
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Lawrence 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 **16,637** contacts with Lawrence County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

PARENTS LEARN WHY COOKING MATTERS

As a member of the local Community Diabetes/Health Action Team, the FCS Extension agent received a grant to teach Cooking Matters for Parents, a hands-on food preparation course for families with children six years and younger. The Extension agent and nutrition assistants for the Expanding Food and Nutrition Education Program (EFNEP), and SNAP-Ed taught the course. Twenty-eight families graduated from the programs. Surveys showed that all of the parents improved their diet; 68% prepared two or more recipes at home; 69% learned to eat and cook healthier; 70% learned one or more basic cooking skills; and 61% felt confident about shopping for healthy foods.

<http://hes.uky.edu/StrongFamilies>

FINANCIAL WELL-BEING

In Lawrence County, the median household income in 2013 was **\$33,469 (+/- \$3,275)** compared to \$43,307 (+/- \$631) for the state.³

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

- **28.7% (+/-6.8)** of families with related children were below poverty
- **24.7% (+/-6.6)** of people age 65 and over were below poverty
- **4.4% (+/-1.9)** of individuals working full time/full year in the previous 12 months were below poverty
- **65.9%** of students were eligible for free lunches and **3.5%** were eligible for reduced-price lunches in 2014-2015⁵

As a result of participating in Lawrence County Extension programs:¹

- **277** people demonstrated informed and effective decision-making.
- **670** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

According to the CDC's County Diabetes Atlas, in Lawrence County in 2012:⁶

- **16.4% (20.1%-13.1%)** of adults reported having been diagnosed with diabetes
- **41.4% (47.3%-35.6%)** of adults 18 years and over were obese
- **35.9% (41.9%-30.1%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Lawrence County:⁷

- **37.8% (47.6%-29.0%)** of adults reported having been diagnosed with high blood pressure
- **29.5% (35.5%-24.0%)** of adults reported fair or poor health

In Lawrence County:

- **53.4%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **47.0% (+/-8.4)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **24** deaths were from a drug overdose between 2009-2013⁹

As a result of participating in Lawrence County Extension programs:¹

- **986** people increased knowledge of lifestyle changes to improve personal health.
- **1,460** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **27.8% (+/-1.5)** of households included one or more persons age 65 and over
- **199 (+/-106)** grandparents lived with and were responsible for their own grandchildren
- **47.6% (+/-12.1)** of children under 6 years and **58.9% (+/-9.6)** of children 6-17 years had all parents in the labor force
- **202 (+/-132)** of those age 5 and older spoke a language other than English at home
- **790 (+/-155)** civilian veterans lived in Lawrence County⁴

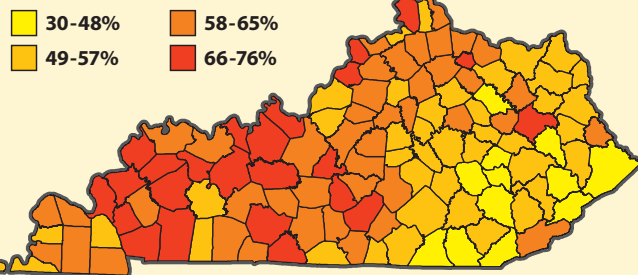
In Lawrence County:

- **20.3% (26.7%-15.2%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **92** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **44.3%** of those registered to vote did so in the 2014 General Election¹¹

As a result of participating in Lawrence County Extension programs:¹

- **357** adults reported increased leadership skills, knowledge or confidence.
- **1,290** people were reached with information related to health and safety.

Percent of child support collected (2014)¹⁰



SOURCES:

- ¹ Kentucky Cooperative Extension reporting, FY 2015
- ² Bureau of Labor Statistics, Local Area Unemployment
- ³ Small Area Income and Poverty Estimates, U.S. Census Bureau
- ⁴ 2013 American Community Survey 5-year estimates, U.S. Census Bureau
- ⁵ 2014-2015 Kentucky School Report Card, Kentucky Dept. of Education. (Data for school districts were combined to produce the county total.)
- ⁶ CDC County Diabetes Atlas
- ⁷ BRFSS/Health Indicators Warehouse
- ⁸ RWJF County Health Rankings. Adequate access is defined as living within 1/2 mile of a park and as living in a census tract less than 3 miles from a recreational facility for rural areas and less than 1 mile in urban areas.
- ⁹ Kentucky Injury Prevention and Research Center, 2015. "Drug Overdose Deaths in Kentucky, 2000-2013"
- ¹⁰ Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- ¹¹ Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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