



METCALFE COUNTY

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Building Strong Families FOR KENTUCKY 2016



OUR FOCUS

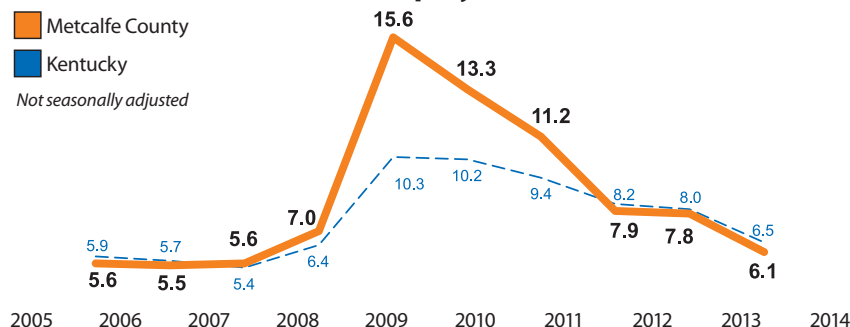
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Metcalfe County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **14,687** contacts with Metcalfe County individuals and families.¹

OUR PEOPLE

Annual unemployment rates²



SPOTLIGHT ON...

YOUTH APPLAUD DAY CAMP

The first Exploring Community Full Day Camp was held, free of charge, in June 2015 with a group of 40 second- to fifth-graders from families with limited resources. During a field trip to the Dry Fork Gorge Nature Conservancy, kids learned about limestone karst topography, cave ecology, and local flora, as well as how to use a compass and test water quality. Other hands-on activities included nutrition education; farmers' market awareness; 4-H leadership, communications and natural resources activities; journaling; and a Kentucky Chautauqua performance by frontiersman Simon Kenton. Youth gave exuberant feedback. The summer camp was a huge success and will be held again in 2016.

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

FINANCIAL WELL-BEING

In Metcalfe County, the median household income in 2013 was **\$30,899 (+/- \$2,791)** compared to \$43,307 (+/- \$631) for the state.³

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

- **20.0% (+/-6.7)** of families with related children were below poverty
- **19.3% (+/-6.0)** of people age 65 and over were below poverty
- **5.5% (+/-3.3)** of individuals working full time/full year in the previous 12 months were below poverty
- **69.0%** of students were eligible for free lunches and **5.0%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **578** people demonstrated informed and effective decision-making.
- **883** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **13.5% (17.5%-10.0%)** of adults reported having been diagnosed with diabetes
- **34.1% (41.2%-27.5%)** of adults 18 years and over were obese
- **35.4% (43.1%-28.7%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Metcalfe County:⁷

- **26.2% (38.9%-16.5%)** of adults reported having been diagnosed with high blood pressure
- **31.6% (41.9%-22.9%)** of adults reported fair or poor health

In Metcalfe County:

- **12.5%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **32.5% (+/-8.7)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **0-9** deaths were from a drug overdose between 2009-2013⁹

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

- **271** people increased knowledge of lifestyle changes to improve personal health.
- **909** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **29.5% (+/-2.1)** of households included one or more persons age 65 and over
- **146 (+/-82)** grandparents lived with and were responsible for their own grandchildren
- **62.7% (+/-13.6)** of children under 6 years and **63.4% (+/-9.6)** of children 6-17 years had all parents in the labor force
- **100 (+/-75)** of those age 5 and older spoke a language other than English at home
- **560 (+/-127)** civilian veterans lived in Metcalfe County⁴

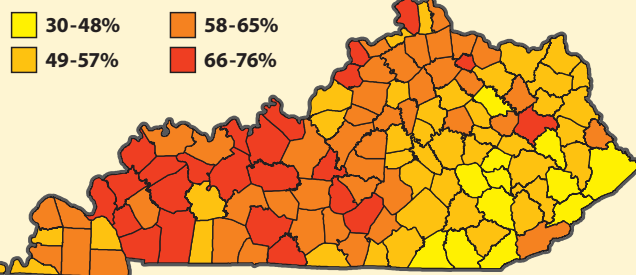
In Metcalfe County:

- **18.5% (28.1%-11.7%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **60** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **55.2%** of those registered to vote did so in the 2014 General Election¹¹

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

- **75** adults reported increased leadership skills, knowledge or confidence.
- **1,241** 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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