

ADAIR COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

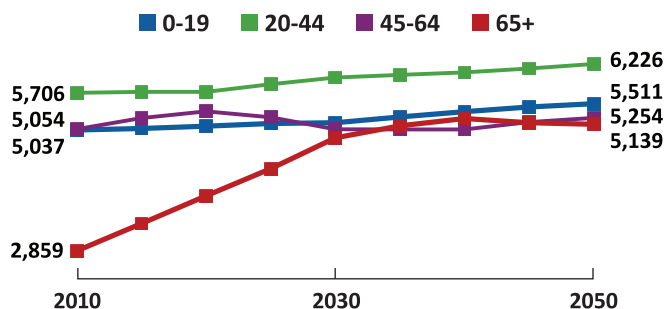
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Adair County. To help families make wise decisions our educational programs focus on:

- **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 strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to 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 2011-2012, Family and Consumer Sciences Extension made **15,180** contacts with Adair County individuals and families.²

OUR PEOPLE

Population projections by age group for Adair County¹



SPOTLIGHT ON ...

PLATE IT UP! KENTUCKY PROUD

Less than 20 percent of the adult population eats the recommended number of fruit and vegetable servings. To increase consumption of a healthy diet the Adair County Family and Consumer Sciences Agent provided statewide direction for the Plate It Up! Kentucky Proud project. The goal is to promote purchase and preparation of locally grown specialty crops through demonstrations and educational outreach. Selection and storage, nutritional value, and preservation tips are also shared. A monthly televised cooking show featuring the program has been airing on Duo County Telecom for one year. In addition, Adair County FCS and Agricultural Resources agents served tasting samples of Plate It Up recipes to over 150 shoppers at the Adair County Farmers' Market last summer and 650 consumers at a local corporate event.



OUR FAMILIES

According to the 2010 American Community Survey,³ between 2006 and 2010 it is estimated that in Adair County:



- **23.8% (+/- 6.0)** families with related children were below poverty
- **29.0% (+/- 6.6)** of those over the age of 65 were below poverty

In addition:

- **28.0% (+/- 2.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **454** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **3,796** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

As a result of participating in Adair County Extension programs:²

- **651** people were reached on importance of physical activity.
- **200** people increased their knowledge about healthy foods.
- **75** people reported eating more healthy foods.

OUR COMMUNITY

In Adair County:

- **64.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **69.0%** of ordered child support was collected in 2011⁸

Of the **11** primary care physicians in Adair County:⁹

- **45.5%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

As a result of participating in Adair County Extension programs:²

- **170** people are involved in addressing community issues.
- **125** people increased awareness of how to manage financial resources.
- **1,050** people were able to utilize new decision-making skills for health.

OUR HEALTH

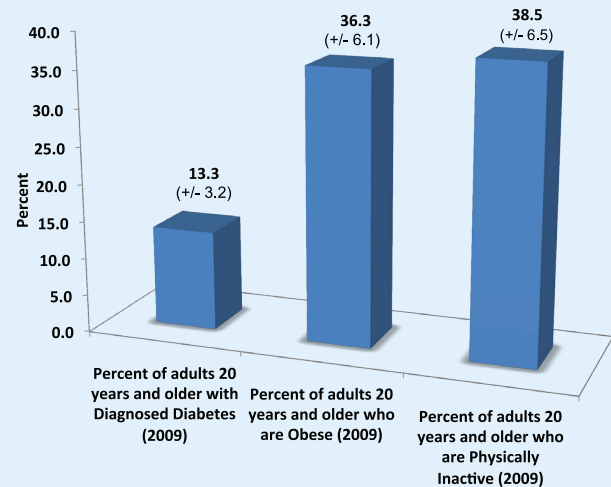
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Adair County:

- **26.4% (17.3 - 38.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **36.3% (24.4 - 50.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **23.9% (16.0 - 34.0)** of adults reported having received a flu vaccine in the past year

As a result of participating in Adair County Extension programs:²

- **350** people implemented personal health protection practices.
- **100** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **350** people increased knowledge of safe storage, handling and food preparation.

Health Snapshot: Adair County¹¹



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service, Impact Reporting, FY2012
- ³ U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates
- ⁴ U.S. Census Bureau, Small Area Health Insurance Estimates
- ⁵ Kids Count Data Center, Kentucky Department for Medicaid Services
- ⁶ Kentucky Cabinet for Health and Family Services, Data Book, June 2012
- ⁷ Kids Count Data Center, Kentucky Cabinet for Health and Family Services
- ⁸ Kids Count Data Center, Kentucky Division of Child Support
- ⁹ Kentucky Health Facts, Kentucky Board of Medical Licensure
- ¹⁰ Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

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