

## CARROLL COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

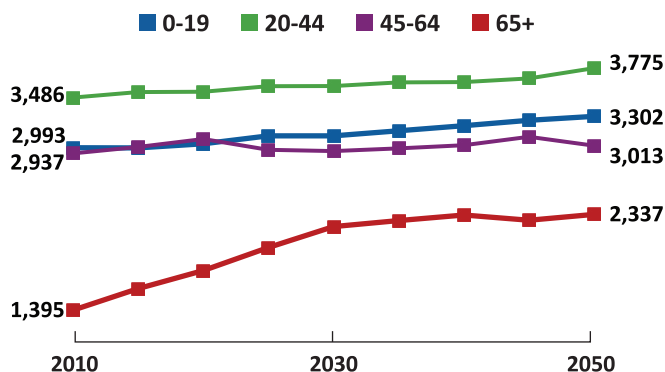
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carroll County. To help families make wise decisions our educational programs focus on:

- **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 **12,677** contacts with Carroll County individuals and families.<sup>2</sup>

### OUR PEOPLE

Population projections by age group for Carroll County<sup>1</sup>



### SPOTLIGHT ON ...

## HEALTHY EATING FOR HISPANIC FAMILIES

The Journal of the American Medical Association reports that Hispanic children and adults have one of the highest risks for obesity. To be proactive, the Carroll County Cooperative Extension Service Family and Consumer Sciences agent has worked with ESL program interpreters to teach nutrition classes for young Hispanic families. This year the agent added a monthly Early Head Start nutrition program for young, Hispanic mothers with children under 3 years old. More than 190 parents and youth participated. Families were taught basic nutrition, selecting food in the supermarket, low-fat cooking, child nutrition, healthy snacks for children, and seasonal vegetables and the ripening process. A post-evaluation of participants revealed that the program increased the participants knowledge in most of these areas.



## OUR FAMILIES

According to the 2010 American Community Survey,<sup>3</sup> between 2006 and 2010 it is estimated that in Carroll County:



- **29.3% (+/- 8.3)** families with related children were below poverty
- **22.9% (+/- 8.0)** of those over the age of 65 were below poverty

### In addition:

- **22.1% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **157** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **2,837** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

### As a result of participating in Carroll County Extension programs:<sup>2</sup>

- **420** people reported spending time in physical activity.
- **1,212** people increased their knowledge about healthy foods.
- **960** people reported eating more healthy foods.

## OUR COMMUNITY

In Carroll County:

- **63.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **62.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **7** primary care physicians in Carroll County:<sup>9</sup>

- **42.9%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

### As a result of participating in Carroll County Extension programs:<sup>2</sup>

- **550** people made food safety changes to improve health.
- **459** people implemented personal health protection practices.
- **500** people were able to utilize new decision-making skills for health.

## OUR HEALTH

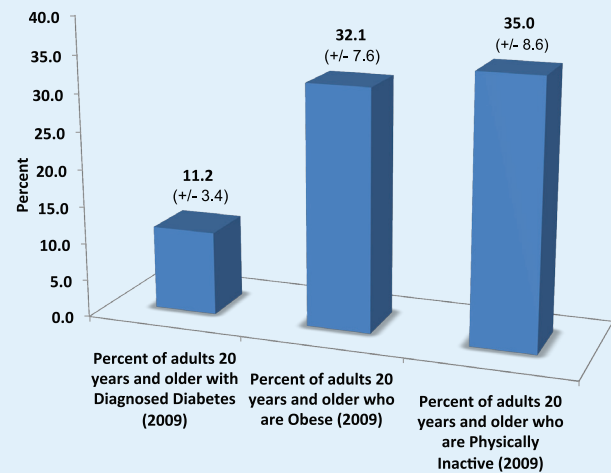
According to the Kentucky BRFSS, in 2010 in Carroll County's Northern Kentucky Area Development District:<sup>10</sup>

- **65.8% (58.8 - 72.7)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **85.5% (82.1 - 88.9)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.5% (39.9 - 51.1)** of adults reported having received a flu vaccine in the past year

### As a result of participating in Carroll County Extension programs:<sup>2</sup>

- **1,890** people increased knowledge of diet and exercise changes to improve health.
- **1,550** people made diet or exercise changes to improve health.
- **290** people reported making a lifestyle change to improve healthy home practices and stress management.

### Health Snapshot: Carroll County<sup>11</sup>



### SOURCES

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

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