

## CARTER COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

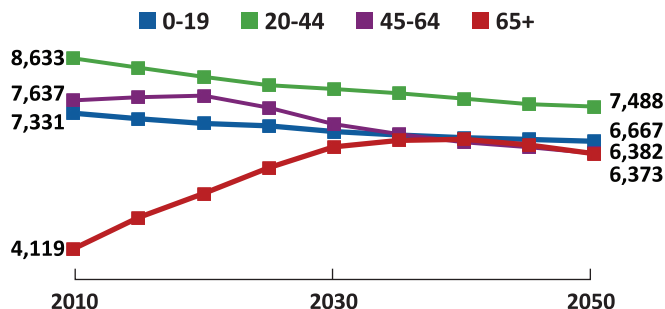
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carter County. To help families make wise decisions our educational programs focus on:

- **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 **13,631** contacts with Carter County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## TAKING CONTROL OF DIABETES

Carter County has one of the highest rates in the state for diabetes-related deaths located in the “Diabetes Belt” by the Centers of Disease Control. To address this issue, “Taking Control of Your Diabetes” series was offered by the Carter County Extension Service. The curriculum includes strategies such as goal setting and problem solving to empower individuals to manage their diabetes. The program was offered to the Diabetes Support Group members and to Kentucky HomePlace clientele. As a result of the program 100 percent reported they: comply with the diabetes regimen prescribed by their doctor; have accomplished at least one of the goals that they had set in the last month; are able to solve problems that come about in their daily life as they deal with diabetes.



## OUR FAMILIES

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



- **28.3% (+/- 5.6)** families with related children were below poverty
- **18.1% (+/- 4.5)** of those over the age of 65 were below poverty

### In addition:

- **23.2% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **566** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **7,882** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **50** people reported spending time in physical activity.
- **1,468** people increased their knowledge about healthy foods.
- **375** people reported eating more healthy foods.

## OUR COMMUNITY

In Carter County:

- **45.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **52.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **12** primary care physicians in Carter County:<sup>9</sup>

- **83.3%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **95** people are involved in addressing community issues.
- **30** people increased awareness of how to manage current economic events.
- **515** people were able to utilize new decision-making skills for health.

## OUR HEALTH

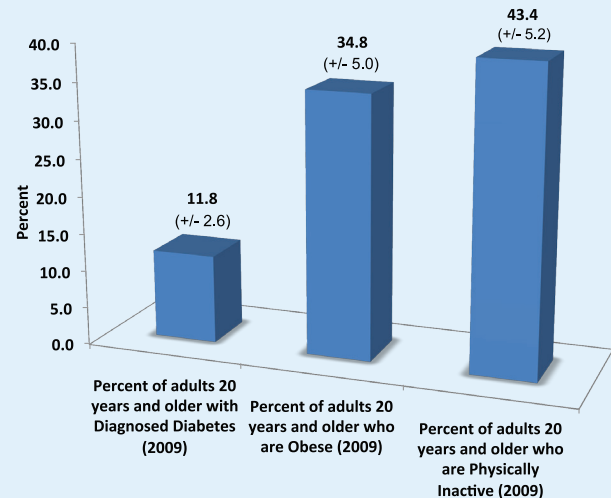
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Carter County:

- **21.8% (16.3 - 28.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **29.3% (23.4 - 36.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **33.8% (27.7 - 40.5)** of adults reported having received a flu vaccine in the past year

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

- **875** people increased knowledge of diet and exercise changes to improve health.
- **110** people made diet or exercise changes to improve health.
- **75** people experienced a change in knowledge of healthy home practices and stress management.

### Health Snapshot: Carter 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> Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- <sup>11</sup> Centers for Disease Control, National Diabetes Surveillance System

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