

DAVISS COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

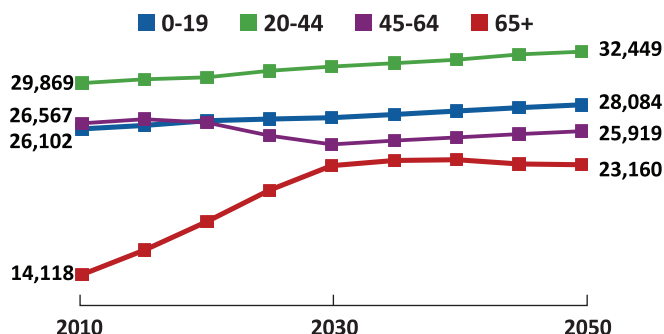
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Daviess County. To help families make wise decisions our educational programs focus on:

- **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 **21,766** contacts with Daviess County individuals and families.²

OUR PEOPLE

Population projections by age group for Daviess County¹



SPOTLIGHT ON ...

TAKING CONTROL OF DIABETES

With the obesity epidemic in Kentucky, the Daviess County is faced with the rise in obesity-related health and wellness issues, including diabetes. In response the Green River District Health Department and the Cooperative Extension Service Family and Consumer Sciences agent teamed to offer A Diabetes Cooking School, a Diabetes Expo, and a panel of experts who shared their expertise during a question-and-answer forum. A support group that meets monthly was started using "Taking Control of Your Diabetes" curriculum as a resource. More than 150 people with diabetes participated and reported: watching portion sizes (65 percent); increasing exercise (50 percent); goal setting (100 percent); and choosing nonstarchy vegetables, including dry beans, with their meals and selecting nonfat or reduced fat dairy products (75 percent) as a result of participation.



OUR FAMILIES

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



- **18.2% (+/- 2.3)** families with related children were below poverty
- **9.5% (+/- 1.7)** of those over the age of 65 were below poverty

In addition:

- **18.4% (+/- 1.6)** of those ages 18-64 did not have health insurance in 2010⁴
- **1,553** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **16,249** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **100** people reported spending time in physical activity.
- **961** people increased their knowledge about healthy foods.
- **805** people reported eating more healthy foods.

OUR COMMUNITY

In Daviess County:

- **68.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **58.0%** of ordered child support was collected in 2011⁸

Of the **63** primary care physicians in Daviess County:⁹

- **25.4%** are family practice
- **17.5%** are pediatricians
- **19.0%** are OB/GYN

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

- **196** people are involved in addressing community issues.
- **562** people increased awareness of how to manage current economic events.
- **1,064** people were able to utilize new decision-making skills for health.

OUR HEALTH

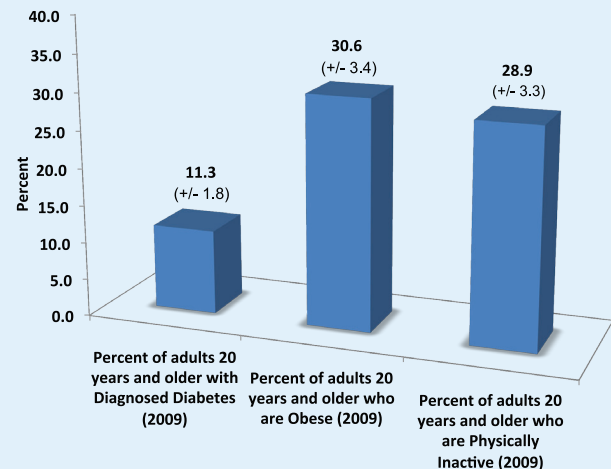
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Daviess County:

- **9.4% (6.7 - 13.2)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **17.4% (14.4 - 21.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **37.6% (32.6 - 42.8)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Daviess 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>