

## FAYETTE COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

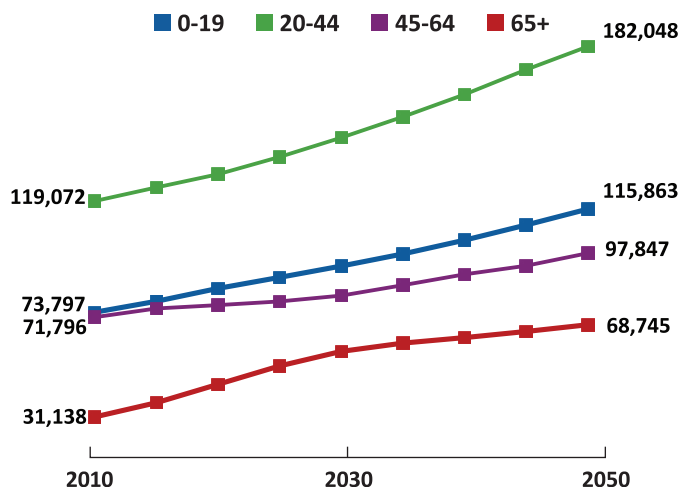
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Fayette County. To help families make wise decisions our educational programs focus on:

- **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 **73,716** contacts with Fayette County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## BETTER BITES

To make healthy food more accessible and unhealthy food less so, the Fayette County Cooperative Extension Service and community coalitions planned a unique outreach program. The summer concession stands at two Lexington Parks and Recreation Department aquatic centers agreed to offer a menu - called Better Bites - of eight healthy snacks, including fruit, yogurt, and grilled chicken sandwiches. As a result of the first year trial, there was measurable impact to show that there is an appetite for healthier concessions. Candy sales were 23 percent lower in 2011; 67 percent of youth and 57 percent of adults had purchased items from the Better Bites menu; and 95 percent of youth and 100 percent of adults indicated that they would be willing to purchase items in the future.



## OUR FAMILIES

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



- **17.8% (+/- 1.5)** families with related children were below poverty
- **8.6% (+/- 1.2)** of those over the age of 65 were below poverty

### In addition:

- **19.0% (+/- 1.4)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **2,945** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **38,140** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **950** people adopted practices to reduce debt or increase savings.
- **33,000** people increased their knowledge about healthy foods.
- **1,000** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## OUR COMMUNITY

In Fayette County:

- **67.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **53.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **604** primary care physicians in Fayette County:<sup>9</sup>

- **21.5%** are family practice
- **18.9%** are pediatricians
- **12.4%** are OB/GYN

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

- **1,407** people are involved in addressing community issues.
- **700** people increased awareness of how to manage current economic events.
- **83,000** people were able to utilize new decision-making skills for health.

## OUR HEALTH

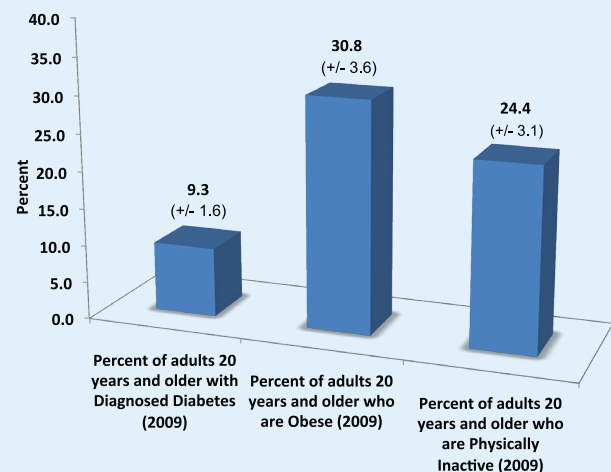
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Fayette County:

- **10.1% (7.3 - 13.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **13.6% (10.9 - 16.8)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.1% (39.8 - 50.5)** of adults reported having received a flu vaccine in the past year

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

- **38,000** people increased knowledge of diet and exercise changes to improve health.
- **5,500** people made diet or exercise changes to improve health.
- **1,100** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Fayette 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>