

GARRARD COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

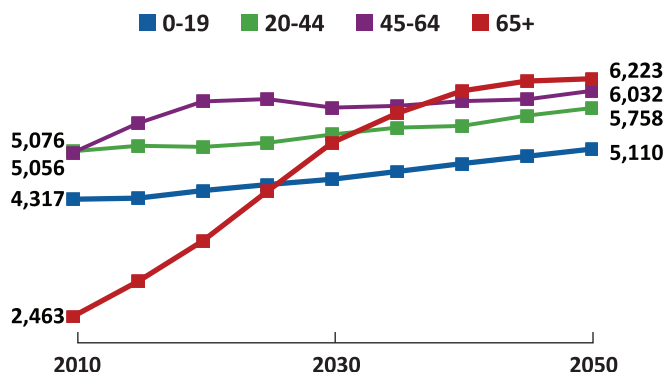
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Garrard County. To help families make wise decisions our educational programs focus on:

- **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 **12,299** contacts with Garrard County individuals and families.²

OUR PEOPLE

Population projections by age group for Garrard County¹



SPOTLIGHT ON ...

SMALL STEPS TO HEALTH AND WEALTH

Garrard County Family and Consumer Sciences Agent promoted nutrition and health information through an on-line challenge using the Small Steps to Wealth curriculum. Participants signed up and reported their progress throughout the eight week challenge via on-line feedback. After the challenge a follow-up evaluation survey was conducted: 98% of the participants reported losing weight; 60% reported the on line experience was very positive. As a result of the program participants reported eating healthier foods, increasing daily physical activity, and improving spending habits. Conducting an on-line Challenge for Small Steps To Health and Wealth was a new method used to reach Garrard County residents. Participants responded that the email reminders of encouragement, the ease of tracking on line, and the positive reinforcement were important elements of the program.

OUR FAMILIES

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



- **18.0% (+/- 6.4)** families with related children were below poverty
- **16.2% (+/- 4.9)** of those over the age of 65 were below poverty

In addition:

- **23.9% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010⁴
- **271** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **3,462** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **100** people reported spending time in physical activity.
- **1,500** people increased their knowledge about healthy foods.
- **100** people reported eating more healthy foods.

OUR COMMUNITY

In Garrard County:

- **66.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **61.0%** of ordered child support was collected in 2011⁸

Of the **5** primary care physicians in Garrard County:⁹

- **80.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **100** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **55** people increased awareness of how to manage current economic events.
- **525** people demonstrated effective decision-making skills.

OUR HEALTH

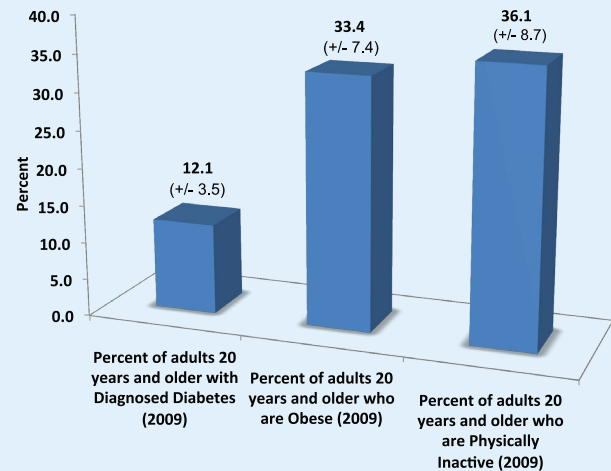
According to the Kentucky BRFSS, in 2010 in Garrard County's Bluegrass Area Development District:¹⁰

- **65.5% (58.0 - 72.9)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **84.5% (80.9 - 88.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.8% (39.7 - 51.8)** of adults reported having received a flu vaccine in the past year

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

- **350** people increased knowledge of food safety practices.
- **150** people implemented personal health protection practices.
- **725** people were able to utilize new decision-making skills for health.

Health Snapshot: Garrard 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 Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2010.
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

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