

HOPKINS COUNTY

Nancy Kelley,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

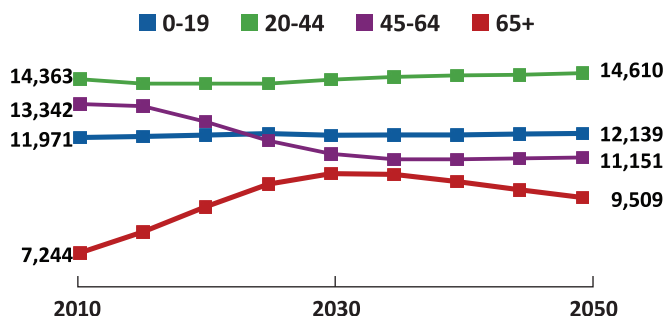
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hopkins County. To help families make wise decisions our educational programs focus on:

- **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 **9,456** contacts with Hopkins County individuals and families.²

OUR PEOPLE

Population projections by age group for Hopkins County¹



SPOTLIGHT ON ...

SAMPLING FRUITS AND VEGETABLES

The Hopkins County Cooperative Extension Service's Family and Consumer Sciences and 4-H agents, along with the SNAP and 4-H program assistants, partnered with community agencies to conduct the LEAP program to all students at Jesse Stuart Elementary school during March Nutrition Month. Coalition members provided fruit and vegetable samples to the students and teachers on Fridays in March during lunch. The students were also given newsletters to take home to their parents with a healthy recipe to try at home. Five hundred seventeen students participated in the sampling. Three hundred thirty-six students reported trying a food they had never tried before. One-third of those students have now eaten at least one of the foods at home.



OUR FAMILIES

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



- **25.3% (+/- 3.3)** families with related children were below poverty
- **10.2% (+/- 1.9)** of those over the age of 65 were below poverty

In addition:

- **21.7% (+/- 1.8)** of those ages 18-64 did not have health insurance in 2010⁴
- **714** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **9,402** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **425** people demonstrated informed and effective decision making.
- **160** people increased their knowledge about healthy foods.
- **41** people utilized healthy food access points and delivery systems.

OUR COMMUNITY

In Hopkins County:

- **77.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **66.0%** of ordered child support was collected in 2011⁸

Of the **67** primary care physicians in Hopkins County:⁹

- **62.7%** are family practice
- **6.0%** are pediatricians
- **11.9%** are OB/GYN

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

- **140** people are involved in addressing community issues.
- **30** people increased leadership knowledge and skills.
- **281** people were able to utilize new decision-making skills for health.

OUR HEALTH

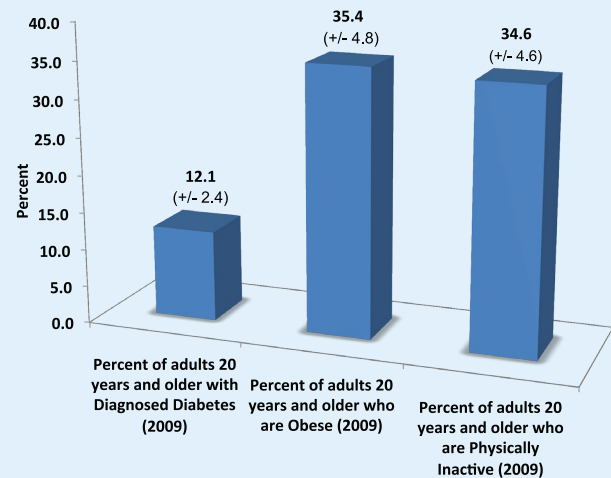
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Hopkins County:

- **17.0% (12.2 - 23.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **26.1% (20.5 - 32.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **47.9% (40.8 - 55.2)** of adults reported having received a flu vaccine in the past year

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

- **160** people increased knowledge of diet and exercise changes to improve health.
- **40** people increased knowledge of safe storage, handling and food preparation.
- **20** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Hopkins 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>