

## LAWRENCE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

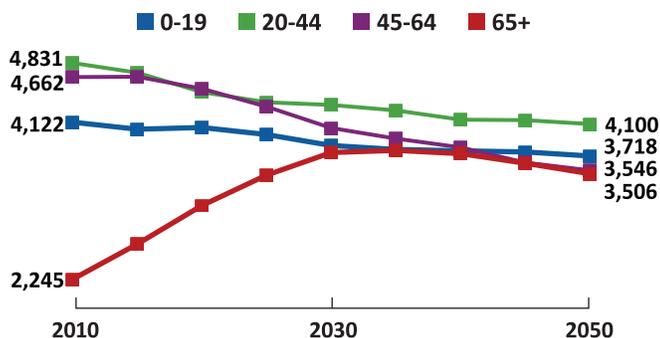
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lawrence County. To help families make wise decisions our educational programs focus on:

- **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 **17,140** contacts with Lawrence County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

Lawrence County Cooperative Extension Service agents and SNAP-Ed and EFNEP assistants continued a fall and spring Gardening, Relationships, Opportunities, and Wellness (GROW) series with 37 new residents at Karen's Place, a residential recovery facility for women overcoming substance abuse. A portion of the GROW series includes participants enrolling in one of the Nutrition Education Programs - SNAP-Ed or EFNEP. From their enrollment in one of the programs, participants reported the following changes: 70 percent drink more water; 70 percent drink low-fat milk; 65 percent read food labels; 81 percent add more fruits and vegetables to their diet; 73 percent limit intake of sugar beverages; 65 percent increase their intake of whole grains; and 54 percent limit food portion sizes all or most of the time.



## OUR FAMILIES

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



- **32.6% (+/- 8.3)** families with related children were below poverty
- **16.2% (+/- 5.4)** of those over the age of 65 were below poverty

### In addition:

- **24.1% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **342** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **4,831** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **95** people were reached with the importance of physical activity.
- **3,500** people increased their knowledge about healthy foods.
- **1,530** people reported eating more healthy foods.

## OUR COMMUNITY

In Lawrence County:

- **53.0%** 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 **16** primary care physicians in Lawrence County:<sup>9</sup>

- **62.5%** are family practice
- **6.3%** are pediatricians
- **6.3%** are OB/GYN

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

- **574** people implemented personal health protection practices.
- **480** people increased awareness of how to manage current economic events.
- **470** people were able to utilize new decision-making skills for health.

## OUR HEALTH

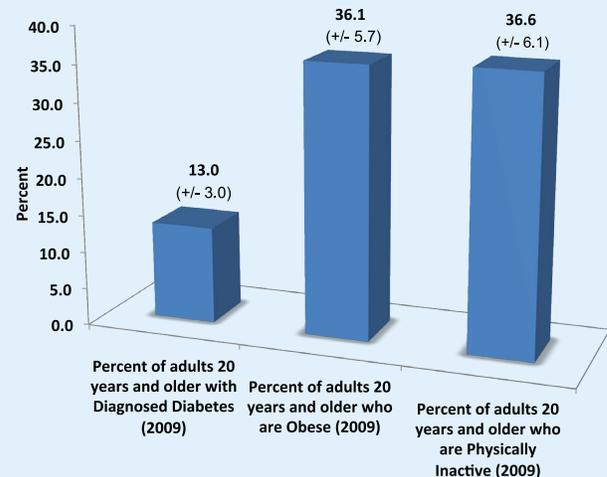
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Lawrence County:

- **22.8% (16.0 - 31.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **28.6% (21.4 - 37.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.2% (35.3 - 55.4)** of adults reported having received a flu vaccine in the past year

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

- **1,287** people increased knowledge of diet and exercise changes to improve health.
- **910** people made diet or exercise changes to improve health.
- **105** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Lawrence 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>