

MARSHALL COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

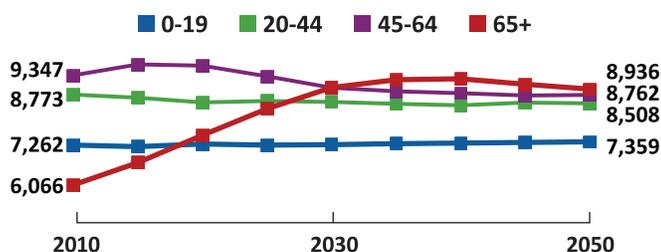
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Marshall County. To help families make wise decisions our educational programs focus on:

- **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 **11,863** contacts with Marshall County individuals and families.²

OUR PEOPLE

Population projections by age group for Marshall County¹



SPOTLIGHT ON ...

KEYS TO GREAT PARENTING

Raising children is both an exciting and challenging experience. In Kentucky, an increasing number of first-time parents need help to understand a baby's development, as well as understanding the importance of loving, talking, reading, and cuddling with their children. The Marshall County Family and Consumer Sciences agent, along with Extension Homemakers, partnered with the local health department and the Health Access Nurtures Development Services (HANDS) program to offer Keys to Great Parenting extension curriculum series. Homemakers mentor first-time parents as they share educational information and assist families in compiling a memory book with photos and milestones in an effort to preserve important details about their child's development. Of the families enrolled, 100 percent reported positive changes in their parenting skills as a result of their experiences with the program.



OUR FAMILIES

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

- **17.4% (+/- 4.5)** families with related children were below poverty
- **7.3% (+/- 2.4)** of those over the age of 65 were below poverty



In addition:

- **18.3% (+/- 1.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **517** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,066** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **181** people were reached with the importance of physical activity.
- **80** people increased their knowledge about healthy foods.
- **80** people reported eating more healthy foods.

OUR COMMUNITY

In Marshall County:

- **82.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **57.0%** of ordered child support was collected in 2011⁸

Of the **11** primary care physicians in Marshall County:⁹

- **72.7%** are family practice
- **9.1%** are pediatricians
- **0.0%** are OB/GYN

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

- **60** people are involved in addressing community issues.
- **64** people increased awareness of how to manage current economic events.
- **278** people were able to utilize new decision-making skills for health.

OUR HEALTH

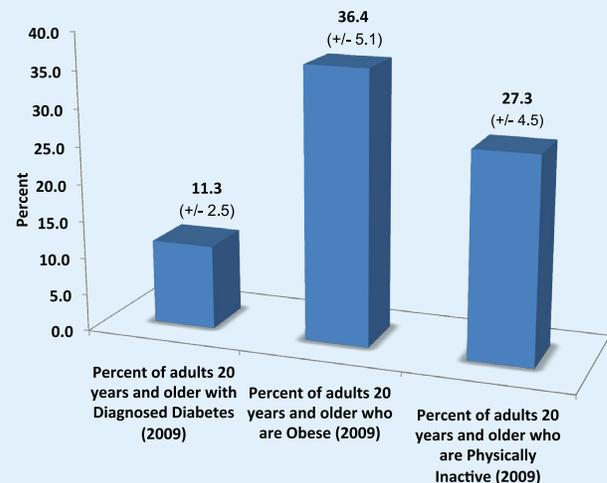
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Marshall County:

- **17.6% (11.6 - 25.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **22.7% (17.4 - 29.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.9% (38.3 - 53.7)** of adults reported having received a flu vaccine in the past year

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

- **1,459** people increased knowledge of diet and exercise changes to improve health.
- **58** people experienced a change in knowledge of healthy food safety practices.
- **490** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Marshall 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>