

## MEADE COUNTY

Jennifer Bridge,  
County Extension Agent, Family & Consumer Sciences

2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

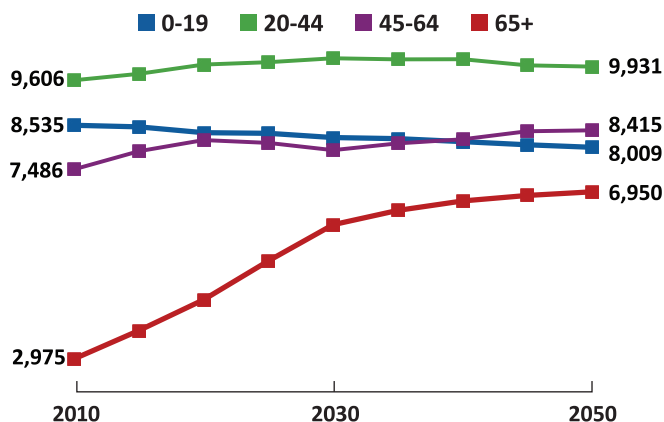
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Meade County. To help families make wise decisions our educational programs focus on:

- **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 **28,315** contacts with Meade County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MELT DOWN MEADE COUNTY

**M**elt Down Meade County is a 10-week lifestyle change program related to weight loss and physical activity. Based on Cooperative Extension Service's "Weight the Reality Series" program, participants learn about basic nutrition, how to read food labels, cooking for health, and other important information. In addition to weekly classes, participants receive a weekly newsletter of healthy recipes and tips to incorporate into daily living. This past year, 35 participants lost a total of 309 pounds and 99.25 inches from their waists. One gentleman reported losing 14 inches from his waist and 45 pounds. To assist participants, a monthly program is being offered as a follow-up to help them keep the weight off and to continue to work toward a healthy lifestyle.



## OUR FAMILIES

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



- **14.7% (+/- 4.5)** families with related children were below poverty
- **9.5% (+/- 3.9)** of those over the age of 65 were below poverty

### In addition:

- **19.5% (+/- 1.9)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **425** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **3,950** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **363** people reported spending time in physical activity.
- **6,288** people increased their knowledge about healthy foods.
- **920** people reported eating more healthy foods.

## OUR COMMUNITY

In Meade County:

- **59.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **68.0%** of ordered child support was collected in 2011<sup>8</sup>

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

- **88.9%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **145** people are involved in addressing community issues.
- **820** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **1,703** people were able to utilize new decision-making skills for health.

## OUR HEALTH

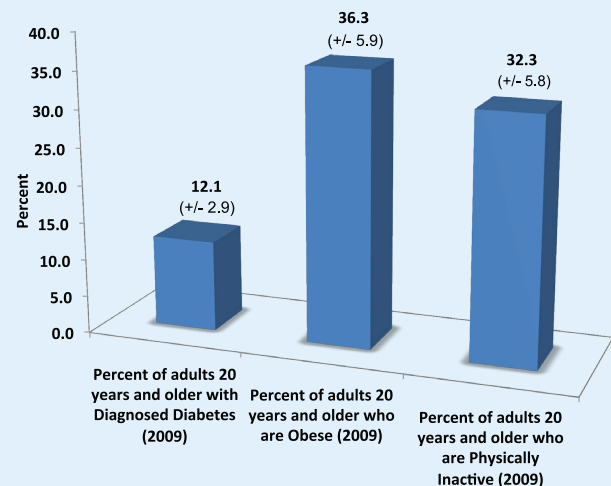
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Meade County:

- **12.8% (7.3 - 21.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **14.7% (9.5 - 21.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **40.1% (29.8 - 51.4)** of adults reported having received a flu vaccine in the past year

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

- **1,266** people increased knowledge of diet and exercise changes to improve health.
- **157** people made diet or exercise changes to improve health.
- **628** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Meade 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>