

## METCALFE COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

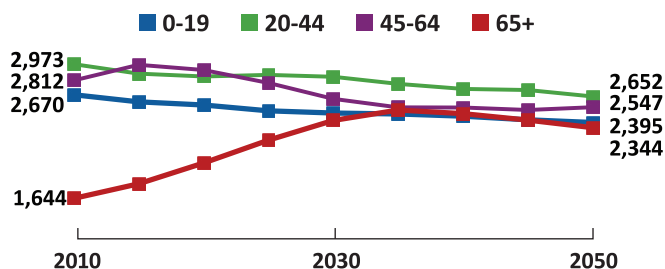
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Metcalfe County. To help families make wise decisions our educational programs focus on:

- **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 **16,255** contacts with Metcalfe County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

Metcalfe County Family and Consumer Sciences agent partnered with local industry Sumitomo to offer a worksite wellness program to their employees on all three shifts. A total of 170 employees participated in worksite wellness programming. Of the participants who completed session evaluations, 56 participants indicated making positive changes in their eating practices/diet; 34 increased the amount of meals that they prepare at home and the number of family meals that they eat together in a week; 44 reduced the amount of soda that they consume on a daily basis 41 participants increased their daily water intake; 42 have increased their physical activity; 28 began a regular, weekly exercise routine; four are now controlling their blood pressure; and 20 lost weight and kept it off.



## OUR FAMILIES

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



- **21.9% (+/- 7.2)** families with related children were below poverty
- **19.6% (+/- 7.8)** of those over the age of 65 were below poverty

### In addition:

- **24.9% (+/- 2.6)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **225** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **2,681** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **149** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **483** people increased their knowledge about healthy foods.
- **128** people reported eating more healthy foods.

## OUR COMMUNITY

In Metcalfe County:

- **54.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **62.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **4** primary care physicians in Metcalfe County:<sup>9</sup>

- **75.0%** are family practice
- **25.0%** are pediatricians
- **0.0%** are OB/GYN

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

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

## OUR HEALTH

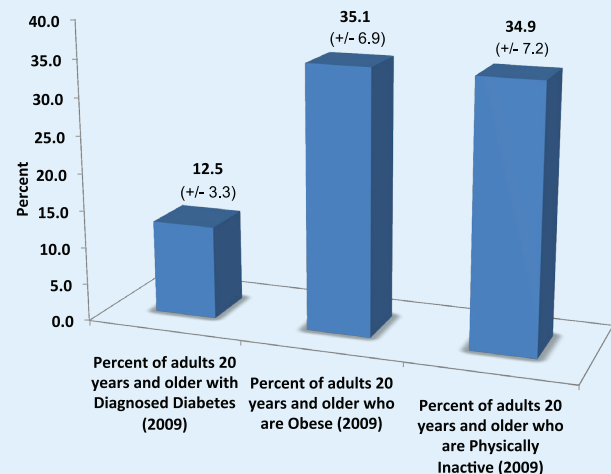
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Metcalfe County:

- **19.7% (9.4 - 36.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **24.5% (15.0 - 37.4)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **24.9% (15.4 - 37.6)** of adults reported having received a flu vaccine in the past year

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

- **190** people increased knowledge of diet and exercise changes to improve health.
- **78** people made diet or exercise changes to improve health.
- **78** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Metcalfe 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>