

NICHOLAS COUNTY

Rachel Abney,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

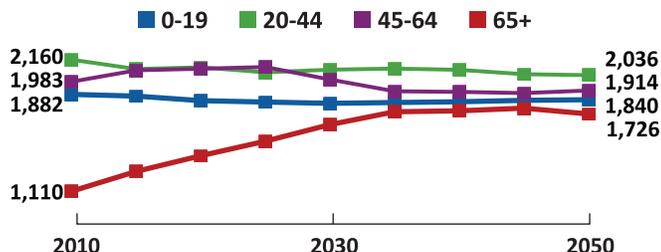
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Nicholas County. To help families make wise decisions our educational programs focus on:

- **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 **11,380** contacts with Nicholas County individuals and families.²

OUR PEOPLE

Population projections by age group for Nicholas County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

The Nicholas County Cooperative Extension Service's Nutrition Education Program paraprofessional taught 78 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. As a result: 100 percent of families made an improvement in the nutritional quality of their diet; 54 percent of program graduate families consumed a diet of higher quality because they planned meals using the food guide pyramid, considered healthy choices and used the "Nutrition Facts" label; 55 families increased the frequency of moderate physical activity for 30 minutes per day; 63 percent of families demonstrated an improvement in safe food handling practices and hand washing behavior; and 52 percent of families learned to plan meals ahead of time and use a grocery list.



OUR FAMILIES

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



- **16.8% (+/- 8.2)** families with related children were below poverty
- **18.9% (+/- 7.3)** of those over the age of 65 were below poverty

In addition:

- **25.6% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010⁴
- **124** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,659** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **125** youth reported eating more healthy foods.
- **300** people increased their knowledge about healthy foods.
- **75** people reported eating more healthy foods.

OUR COMMUNITY

In Nicholas County:

- **62.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **56.0%** of ordered child support was collected in 2011⁸

Of the **4** primary care physicians in Nicholas County:⁹

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

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

- **75** people were reached with the importance of physical activity.
- **50** people increased awareness of how to manage current economic events.
- **324** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

OUR HEALTH

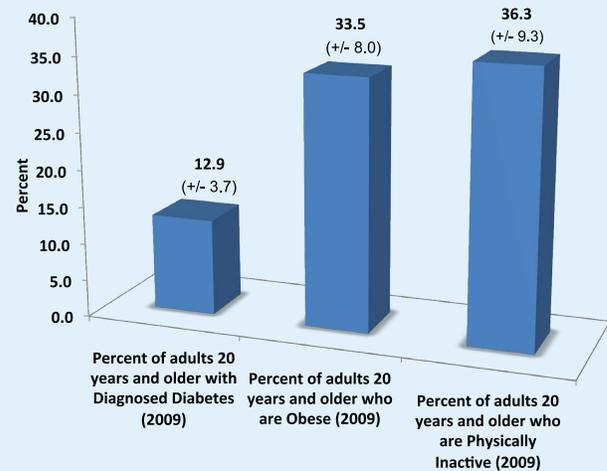
According to the Kentucky BRFSS, in 2010 in Nicholas County's Bluegrass Area Development District:¹⁰

- **65.5% (58.0 - 72.9)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **84.5% (80.9 - 88.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.8% (39.7 - 51.8)** of adults reported having received a flu vaccine in the past year

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

- **75** people increased knowledge of diet and exercise changes to improve health.
- **55** people made food safety changes to improve health.
- **30** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Nicholas 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 Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2010.
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>