

POWELL COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

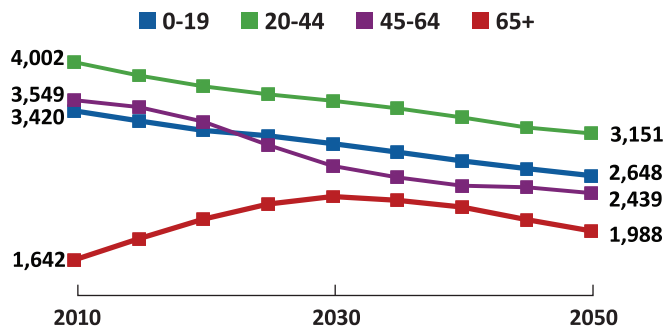
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Powell County. To help families make wise decisions our educational programs focus on:

- **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 **7,947** contacts with Powell County individuals and families.²

OUR PEOPLE

Population projections by age group for Powell County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

According to the Institute of Medicine, Powell County is the 11th least healthy county in the Commonwealth. To address these issues, which have been directly related to personal behaviors and social factors, the Powell County Cooperative Extension Service partnered with local professionals to offer a variety of educational opportunities. Some of the programs offered were: Weight the Reality, Diabetes Self-Management, Diabetic Cooking School, Heart Health Program, and a walking club at the new walking trail at the city park. Results of these programs through random follow-up surveys indicated: 90 percent of the diabetes management participants had a better understanding about the disease and additional health risks, 86 percent were monitoring their glucose at least once a day, while 95 percent reported putting one new heart health practice into effect.



OUR FAMILIES

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



- **30.4% (+/- 8.8)** families with related children were below poverty
- **31.5% (+/- 11.9)** of those over the age of 65 were below poverty

In addition:

- **24.7% (+/- 2.4)** of those ages 18-64 did not have health insurance in 2010⁴
- **265** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,568** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **200** people reported spending time in physical activity.
- **2,200** people increased their knowledge about healthy foods.
- **1,100** people reported eating more healthy foods.

OUR COMMUNITY

In Powell County:

- **70.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **51.0%** of ordered child support was collected in 2011⁸

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

- **100.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **500** people reported changing safety practices at home and play.
- **400** people implemented personal health protection practices.
- **1,100** people were able to utilize new decision-making skills for health.

OUR HEALTH

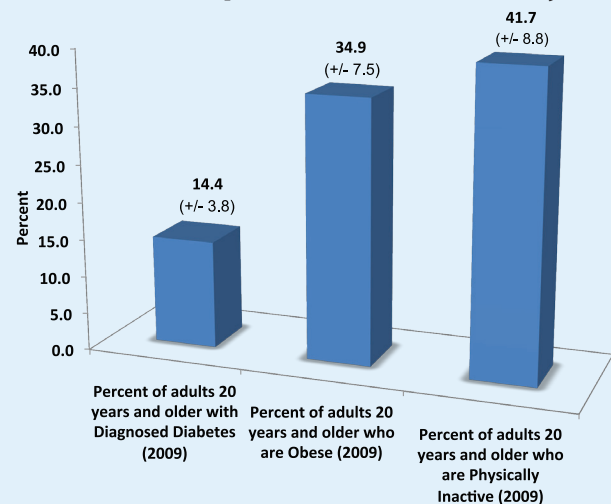
According to the Kentucky BRFSS, in 2010 in Powell County's Bluegrass Area Development District:¹⁰

- **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 Powell County Extension programs:²

- **3,000** people increased knowledge of diet and exercise changes to improve health.
- **200** people made diet or exercise changes to improve health.
- **380** people reported making a lifestyle change to improve healthy home practices and stress management.

Health Snapshot: Powell 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>