

ROBERTSON COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

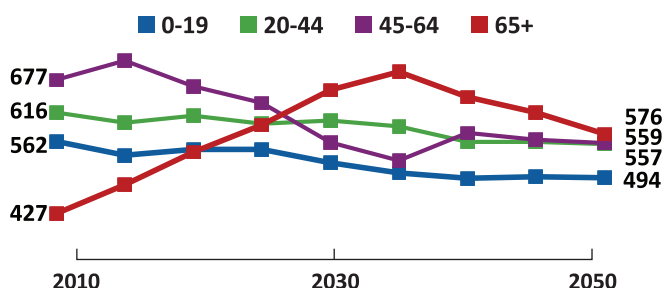
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Robertson County. To help families make wise decisions our educational programs focus on:

- **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 **12,424** contacts with Robertson County individuals and families.²

OUR PEOPLE

Population projections by age group for Robertson County¹



SPOTLIGHT ON ...

JUMP INTO FOOD AND FITNESS

According to the U.S. Department of Health and Human Services, 87 percent of Kentucky youth eat fewer than five servings of fruit and vegetables per day. Many chronic diseases are directly related to such poor eating habits. Therefore, teaching youth about nutrition is of utmost importance. The Robertson County Cooperative Extension Service presented the Jump Into Food and Fitness program, a series of classes targeting local youth using the nationally recognized curriculum designed to promote childhood nutrition and encourage physical fitness. Forty children participated in the program. At the end of the program, 90 percent of the participants understood and could apply the principles of the lessons. Eighty percent of the youth reported to have adopted at least one new health or nutrition habit during their participation in the program.



OUR FAMILIES

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



- **23.0% (+/- 18.2)** families with related children were below poverty
- **25.3% (+/- 14.2)** of those over the age of 65 were below poverty

In addition:

- **25.2% (+/- 2.4)** of those ages 18-64 did not have health insurance in 2010⁴
- **42** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **510** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **310** people were reached with the importance of physical activity.
- **150** people increased their knowledge about healthy foods.
- **160** youth increased their knowledge about healthy foods.

OUR COMMUNITY

In Robertson County:

- **74.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **54.0%** of ordered child support was collected in 2011⁸

Of the **0** primary care physicians in Robertson County:⁹

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

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

- **130** people implemented personal health protection practices.
- **60** people experienced a change in knowledge of healthy food safety practices.
- **50** people made food safety changes to improve health.

OUR HEALTH

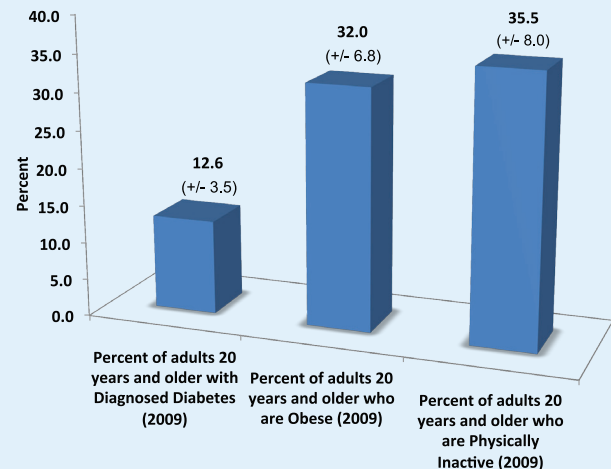
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Robertson County:

- **23.8% (11.5 - 42.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **28.1% (17.2 - 42.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **54.7% (38.4 - 70.1)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Robertson 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>