

ROWAN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

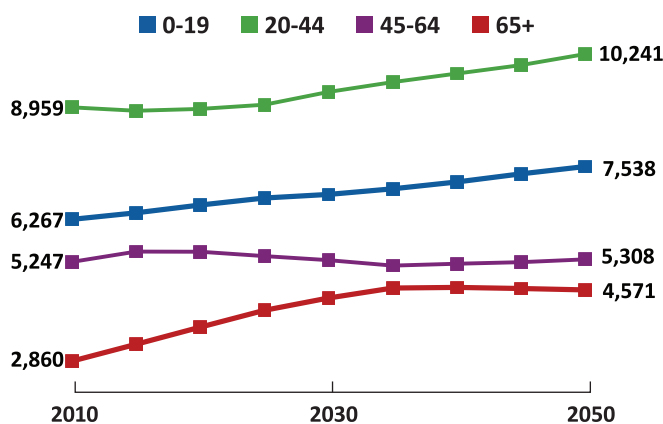
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Rowan County. To help families make wise decisions our educational programs focus on:

- **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 **2,099** contacts with Rowan County individuals and families.²

OUR PEOPLE

Population projections by age group for Rowan County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

The Supplemental Nutrition Assistance Program (SNAP-Ed) was implemented in Rowan County in May 2011. Since its beginning, there have been programs taught to families, youth, and other groups regarding nutrition and food safety. Among those programs were nutrition classes at Rowan County Senior High School. During this week, the topics covered were fast food, food safety, and individual food groups. Each day 80 students were introduced to a different food with taste testing sessions. A positive impact was seen among these students; with more than 80 percent were able to correctly identify all food groups and food group serving amounts. Students have reported switching to Fat Free Greek Yogurt, trying new types of vegetables, drinking skim milk, and encouraging their parents to buy healthier foods to keep at home.



OUR FAMILIES

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



- **27.2% (+/- 5.0)** families with related children were below poverty
- **22.1% (+/- 6.6)** of those over the age of 65 were below poverty

In addition:

- **24.5% (+/- 2.8)** of those ages 18-64 did not have health insurance in 2010⁴
- **351** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **5,258** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **1,090** people reported spending time in physical activity.
- **1,550** people increased their knowledge about healthy foods.
- **925** people reported eating more healthy foods.

OUR COMMUNITY

In Rowan County:

- **65.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **59.0%** of ordered child support was collected in 2011⁸

Of the **27** primary care physicians in Rowan County:⁹

- **51.9%** are family practice
- **7.4%** are pediatricians
- **3.7%** are OB/GYN

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

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

OUR HEALTH

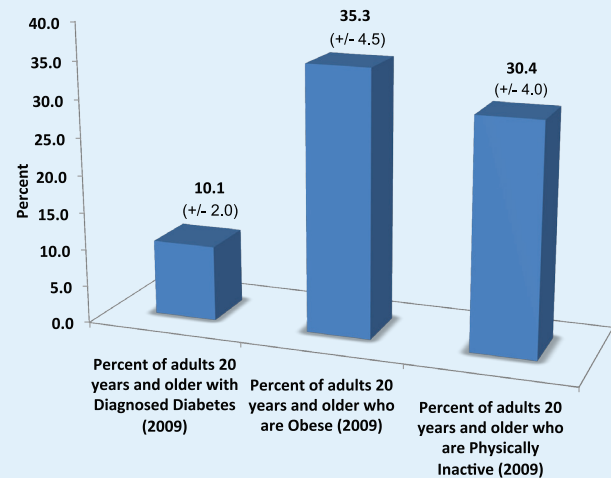
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Rowan County:

- **21.0% (15.2 - 28.2)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **17.9% (13.6 - 23.3)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **41.0% (33.7 - 48.7)** of adults reported having received a flu vaccine in the past year

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

- **1,300** people increased knowledge of diet and exercise changes to improve health.
- **775** people made diet or exercise changes to improve health.
- **767** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Rowan 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>