

## RUSSELL COUNTY

Pamela York,  
County Extension Agent, Family & Consumer Sciences

2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

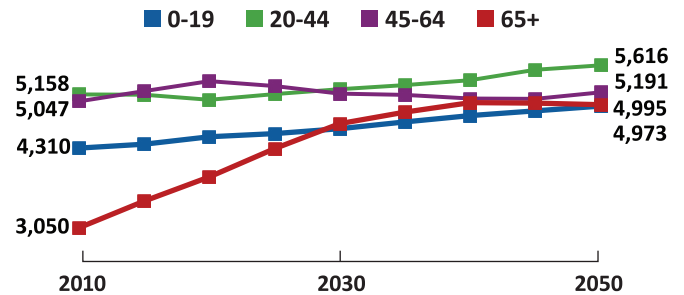
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Russell County. To help families make wise decisions our educational programs focus on:

- **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 **28,255** contacts with Russell County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## BREAST CANCER AWARENESS

To increase awareness of breast cancer, to promote changes in attitudes, and to teach proactive measures in Russell County, the Cooperative Extension Service teamed up with the Russell County Hospital and the Kentucky Cancer Program to offer a series of educational sessions on breast cancer prevention. The sessions included information on signs, symptoms, risk factors, types of screening, free resources to cover costs of screening and treatment, and the importance of early screening. Free mammograms were offered to women who didn't have a way to cover the costs. In addition, during Breast Cancer Awareness Month in October Russell County Homemakers received educational information on the topic, 10 public service announcements were written and taped with local voices that aired on WHVE radio for one month. Ten women received free mammograms.



## OUR FAMILIES

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



- **27.4% (+/- 6.6)** families with related children were below poverty
- **24.4% (+/- 5.3)** of those over the age of 65 were below poverty

### In addition:

- **25.5% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **415** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **4,750** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **175** people reported changing safety practices at home and play.
- **250** people increased their knowledge about healthy foods.
- **500** people were reached with the importance of physical activity.

## OUR COMMUNITY

In Russell County:

- **71.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **56.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **12** primary care physicians in Russell County:<sup>9</sup>

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

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

- **450** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **325** people increased awareness of how to manage current economic events.
- **240** people were able to utilize new decision-making skills for health.

## OUR HEALTH

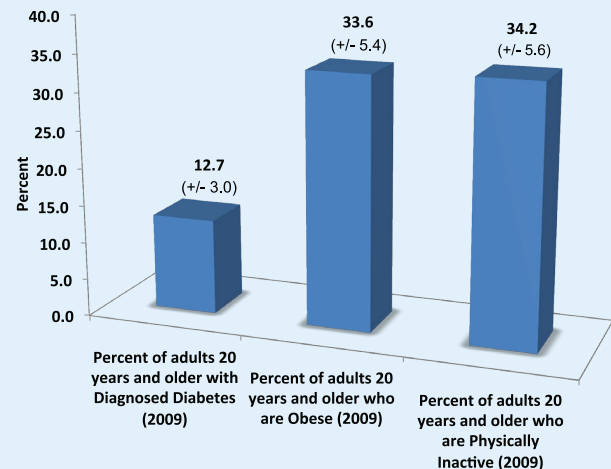
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Russell County:

- **20.2% (13.7 - 28.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **23.9% (17.4 - 31.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **40.1% (31.8 - 49.0)** of adults reported having received a flu vaccine in the past year

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

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

## Health Snapshot: Russell 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>