

**SCOTT COUNTY**

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**2013**

# BUILDING STRONG FAMILIES FOR KENTUCKY

**OUR FOCUS**

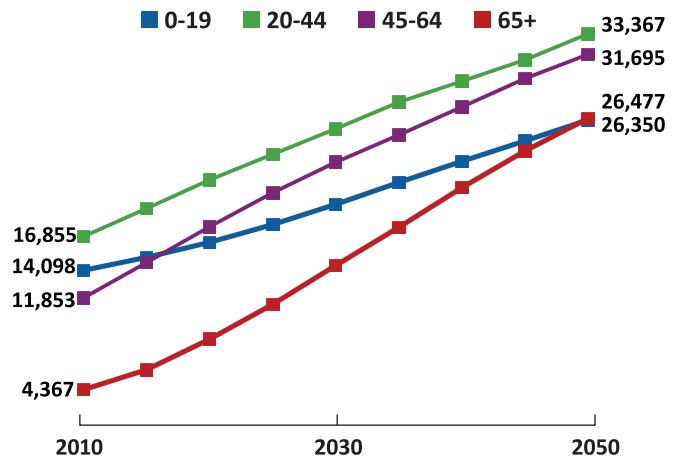
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Scott County. To help families make wise decisions our educational programs focus on:

- **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 **13,339** contacts with Scott County individuals and families.<sup>2</sup>

**OUR PEOPLE**

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

**SPOTLIGHT ON ...****SCOTT COUNTY GETS MOVING**

To increase physical activity and reduce risk factors for chronic disease often associated with obesity and inactivity, the Scott County Cooperative Extension Service offered citizens a physical activity and education program entitled "Get Moving Kentucky". There were two 10-week sessions for a total of 20 weeks of programming. Combined enrollment was 76, with the average attendance per session at 24. All sessions included a health education component and 30 to 45 minutes of physical activity. Participants collectively reported completing 4,535 "physical activity miles." One hundred percent of reporting participants noted some positive benefit, including increased energy and flexibility, improved sleep, and lost weight. Georgetown/Scott County Parks and Recreation partnered with the Cooperative Extension Service in this effort.



## OUR FAMILIES

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

- **17.4% (+/- 3.9)** families with related children were below poverty
- **8.9% (+/- 3.9)** of those over the age of 65 were below poverty



In addition:

- **16.6% (+/- 1.7)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **518** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **6,967** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **787** people were reached with the importance of physical activity.
- **172** people increased their knowledge about healthy foods.
- **108** people in Managing in Tough Times implemented a plan to decrease expenses or manage wealth.

## OUR COMMUNITY

In Scott County:

- **71.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **57.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **33** primary care physicians in Scott County:<sup>9</sup>

- **39.4%** are family practice
- **21.2%** are pediatricians
- **12.1%** are OB/GYN

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

- **380** people are involved in addressing community issues.
- **247** people increased awareness of how to manage current economic events.
- **1,137** people were able to utilize new decision-making skills for health.

## OUR HEALTH

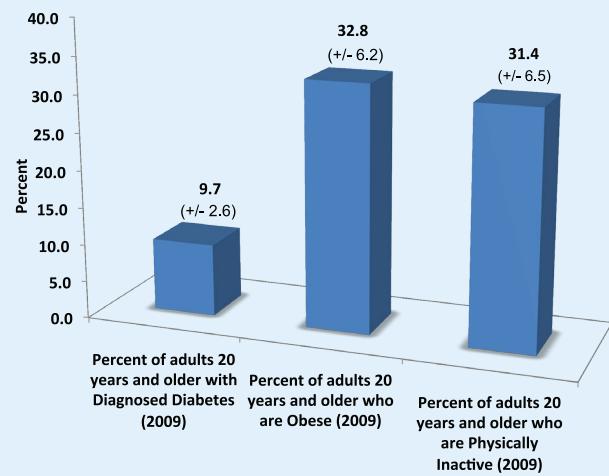
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Scott County:

- **20.9% (11.8 - 34.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **19.1% (10.6 - 32.2)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **43.7% (32.0 - 56.0)** of adults reported having received a flu vaccine in the past year

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

- **120** people increased knowledge of diet and exercise changes to improve health.
- **120** people made diet or exercise changes to improve health.
- **158** people implemented personal health protection practices.

## Health Snapshot: Scott 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>