

SIMPSON COUNTY

Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

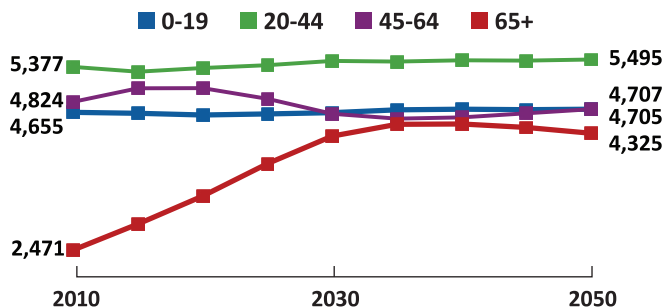
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Simpson County. To help families make wise decisions our educational programs focus on:

- **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 **12,603** contacts with Simpson County individuals and families.²

OUR PEOPLE

Population projections by age group for Simpson County¹



SPOTLIGHT ON ...

GOOD HEALTH TREASURE HUNT

In Simpson County, local health issues such as obesity and lack of physical activity were identified as program priorities by local stakeholders. To address such issues, the Simpson County Cooperative Extension Service's Family and Consumer Sciences agent developed the Good Health Treasure Hunt with 13 interactive, hands-on learning centers for eighth-graders. As a result 224 youth made changes in health practices related to nutrition and physical activity. In a follow-up evaluation, 69% of students indicated they had increased knowledge and 67% of students made comments about specific behavior changes, which included: making healthier food choices; avoiding smoking and drinking; maintaining a healthier weight by eating better; and increasing exercise. Other health programs implemented by Simpson County extension reached an additional 2,550 adults and youth.



OUR FAMILIES

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



- **17.3% (+/- 6.5)** families with related children were below poverty
- **14.8% (+/- 4.7)** of those over the age of 65 were below poverty

In addition:

- **20.5% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **349** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **3,081** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **416** people were reached on the importance of physical activity.
- **183** adopted practices to increase food access and affordability.
- **179** people reported eating more healthy foods.

OUR COMMUNITY

In Simpson County:

- **47.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **64.0%** of ordered child support was collected in 2011⁸

Of the **11** primary care physicians in Simpson County:⁹

- **54.5%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **412** people are involved in addressing community issues.
- **277** people made lifestyle changes at home to improve health.
- **1,976** people were able to utilize new decision-making skills for health.

OUR HEALTH

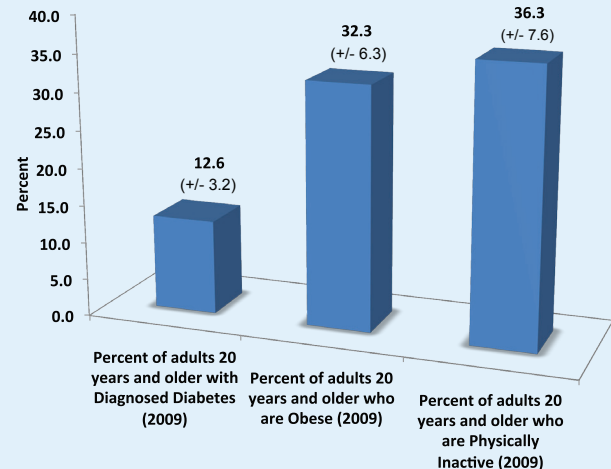
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Simpson County:

- **8.3% (3.7 - 17.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **15.9% (9.2 - 26.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **33.8% (21.8 - 48.4)** of adults reported having received a flu vaccine in the past year

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

- **279** people increased knowledge of diet and exercise changes to improve health.
- **248** people experienced a change in knowledge of healthy food safety practices.
- **279** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Simpson 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>