

## TRIGG COUNTY

Cecelia Hostilo,  
County Extension Agent, Family & Consumer Sciences

2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

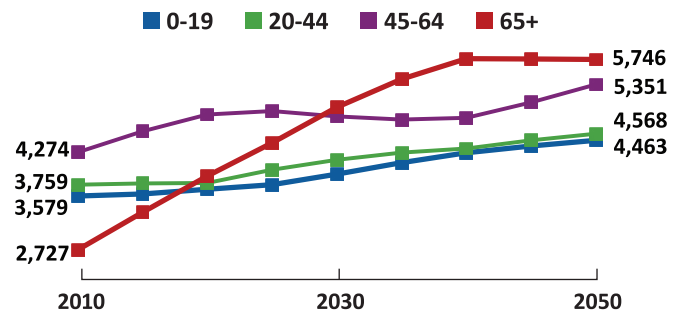
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Trigg County. To help families make wise decisions our educational programs focus on:

- **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 **7,583** contacts with Trigg County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

Many physical and lifestyle changes occur during the aging process, such as slowed metabolic rate, decreased activity level, digestive problems, and decreased appetite. All these factors can lead to malnutrition among the aging population. According to "Kentucky: By the Numbers," 16.6 percent of the population of Trigg County is over the age of 65. To reach local seniors, the Trigg County Cooperative Extension Service's Family and Consumer Sciences agent made monthly visits to the Trigg County Senior Citizens Center to present lessons dealing with health and nutrition and to provide samples of healthy recipes for the clients. Twenty-five participants responded to a program evaluation. The results: 96 percent said they were more willing to taste new and unfamiliar foods and 88 percent said they had improved their eating habits.



## OUR FAMILIES

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



- **19.8% (+/- 6.8)** families with related children were below poverty
- **5.2% (+/- 2.8)** of those over the age of 65 were below poverty

### In addition:

- **20.9% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **229** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **2,035** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **250** people increased knowledge of safe storage, handling and food preparation.
- **500** people increased their knowledge about healthy foods.
- **250** people experienced a change in knowledge of healthy food safety practices.

## OUR COMMUNITY

In Trigg County:

- **70.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **66.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **8** primary care physicians in Trigg County:<sup>9</sup>

- **50.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **150** people reported understanding the benefits of physical activity.
- **300** people demonstrated informed and effective decision making.
- **290** people were able to utilize new decision-making skills for health.

## OUR HEALTH

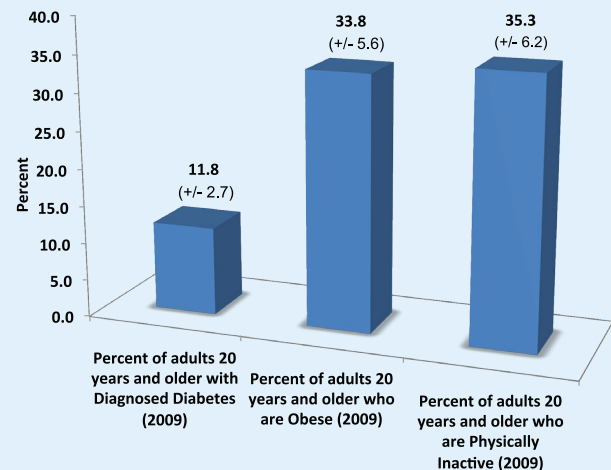
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Trigg County:

- **16.4% (9.1 - 27.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **27.0% (18.2 - 38.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **41.2% (31.4 - 51.9)** of adults reported having received a flu vaccine in the past year

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

- **830** people increased knowledge of diet and exercise changes to improve health.
- **175** people experienced a change in knowledge of healthy home practices and stress management.
- **175** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Trigg 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>