

TRIMBLE COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

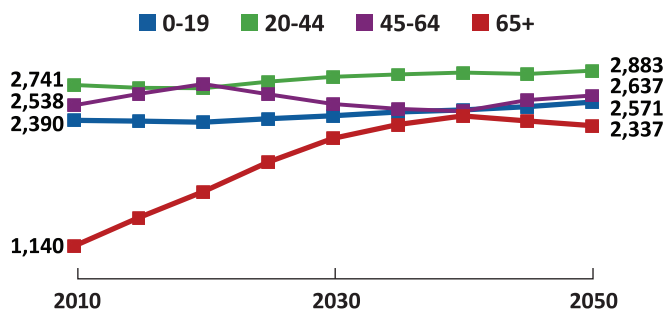
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Trimble County. To help families make wise decisions our educational programs focus on:

- **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 **11,838** contacts with Trimble County individuals and families.²

OUR PEOPLE

Population projections by age group for Trimble County¹



SPOTLIGHT ON ...

TASTE THE MYPLATE

According to the U.S. Department of Agriculture, “individuals and families make food choices every day that often lead to eating too much and moving too little.” In 2011, MyPlate was introduced to illustrate the five food groups to encourage healthy food choices. Trimble County Extension professionals taught a five-week series called Taste the MyPlate to 125 eighth grade students. The objective of this program was to help students gain familiarity with the health benefits of foods contained in each group of MyPlate. Students increased knowledge and understanding of healthy eating, demonstrated the desire to taste unfamiliar foods not currently eaten, and gained understanding on the importance of maintaining a balanced diet. Some students expressed that they did not know there were so many kinds of fruits and vegetables.



OUR FAMILIES

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



- **19.6% (+/- 7.2)** families with related children were below poverty
- **11.8% (+/- 6.3)** of those over the age of 65 were below poverty

In addition:

- **20.6% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010⁴
- **153** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,761** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **219** people increased knowledge related to parenting or personal relationships.
- **82** people increased their knowledge about healthy foods.
- **4,640** people were reached with the importance of physical activity.

OUR COMMUNITY

In Trimble County:

- **73.0%** 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 **3** primary care physicians in Trimble County:⁹

- **33.3%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **79** people are involved in addressing community issues.
- **75** people experienced a change in knowledge of healthy food safety practices.
- **296** people were able to utilize new decision-making skills for health.

OUR HEALTH

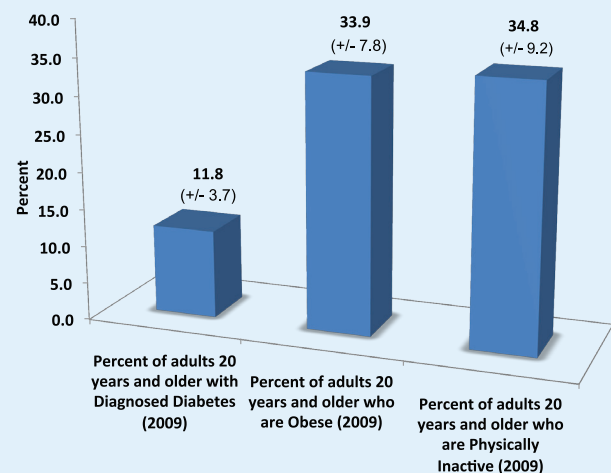
According to the Kentucky BRFSS, in 2010 in Trimble County's KIPDA Area Development District:¹⁰

- **74.6% (68.4 - 88.7)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **82.3% (78.4 - 86.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **44.6% (39.1 - 50.1)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Trimble 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 Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2010.
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>