

WEBSTER COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

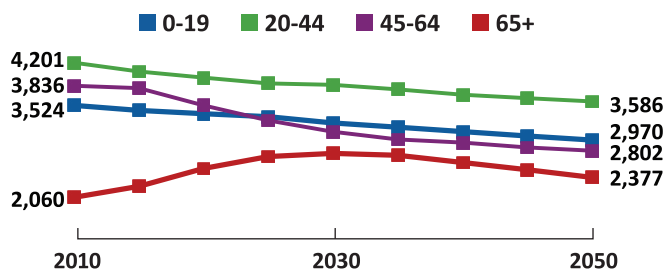
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Webster County. To help families make wise decisions our educational programs focus on:

- **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 **4,782** contacts with Webster County individuals and families.²

OUR PEOPLE

Population projections by age group for Webster County¹



SPOTLIGHT ON ...

MAKING HEALTHY FOOD CHOICES

According to The Centers for Disease Control and Prevention 2009 survey, 86% of youth eat less than the daily recommended fruits and vegetables. Webster County Cooperative Extension agents partnered with local schools to create a program in grades K-8 focused on three key areas: know where your food comes from, make healthy food choices, and support of a school-based greenhouse to utilize fresh produce in school cafeteria. Students were taught how plants grow, healthy snacking and healthy food preparation techniques. According to student survey's immediately after each program 77% percent of the students tasted a new dish and would make the dish again. One teacher stated "this program is exactly what the kids need; it teaches them cooking skills, importance of eating healthy and where there food really comes from".



OUR FAMILIES

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



- **19.6% (+/- 5.4)** families with related children were below poverty
- **11.6% (+/- 4.5)** of those over the age of 65 were below poverty

In addition:

- **23.0% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **171** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,265** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **1,357** people were reached on the importance of physical activity.
- **200** people increased their knowledge about healthy foods.
- **82** people demonstrated informed and effective decision-making.

OUR COMMUNITY

In Webster County:

- **56.0%** 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 **5** primary care physicians in Webster County:⁹

- **100.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **142** people are involved in addressing community issues.
- **36** people increased awareness of how to manage current economic events.
- **585** people were able to utilize new decision-making skills for health.

OUR HEALTH

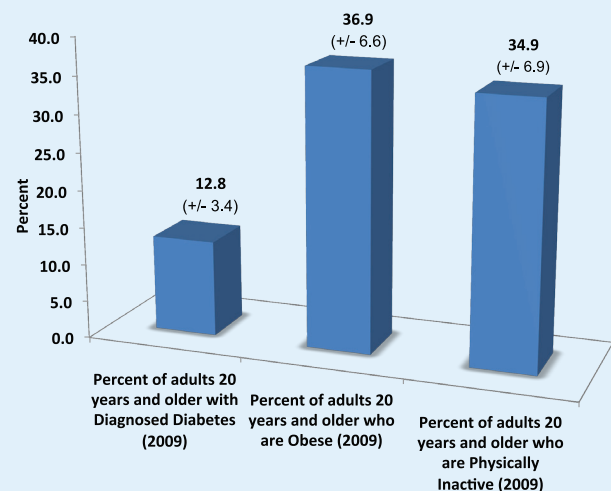
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Webster County:

- **14.1% (5.9 - 30.0)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **19.8% (10.9 - 33.3)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **43.1% (27.8 - 59.9)** of adults reported having received a flu vaccine in the past year

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

- **54** people used leadership development skills in the community.
- **400** children and youth increased knowledge of healthy foods.
- **9** people changed personal practices to increase safety.

Health Snapshot: Webster 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>