

NICHOLAS COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2017



OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Nicholas County. To help Kentuckians strengthen their financial, physical, and social well-being, 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 live independently longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** that 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

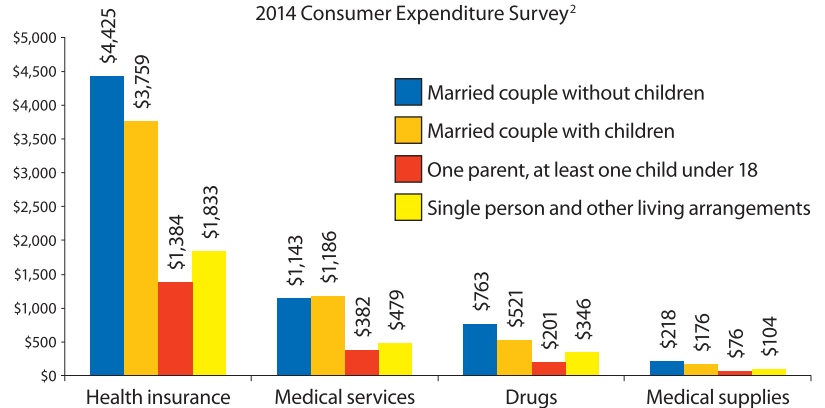
In 2015-2016, Family and Consumer Sciences Extension made **10,893** contacts with Nicholas County individuals and families.¹

hes.uky.edu/StrongFamilies

OUR PEOPLE

Average annual expenditures for health care in the U.S.

2014 Consumer Expenditure Survey²



SPOTLIGHT ON...

HEALTH CARE

When compared to housing, food, and other basic needs, routine health care costs may be a relatively small portion of the family budget. However, when a family member has an accident or is diagnosed with a chronic disease, the cost of health care can quickly impact family budgets and family relationships. Family and Consumer Sciences (FCS) Extension agents help individuals, families, and communities adopt and promote healthy behaviors to reduce health risk factors that are associated with higher health care spending and negative health outcomes.

CHILDREN AND YOUTH

In 2015 there were an estimated **1,823** youth age 19 and under in Nicholas County.³ By 2020, it is projected that the county will have **1,833** youth.⁴

- The U.S. Census Bureau estimates that **97 (+/-24)** youth 18 or younger were without health insurance in 2014.⁵
- Between 2010 and 2014, **60%** of pregnant women received an adequate amount of prenatal care throughout their pregnancy.⁶
- From 2011 to 2013, **11.9%** of babies weighed less than 5.5 pounds at birth.⁷
- **44%** of newborns were being breastfed at the time of hospital discharge in 2011.⁷
- **8.1%** of children between the age of 2-4 were identified as obese through the WIC program (2010).⁷

As a result of participating in Nicholas County Extension programs:¹

- **500** children and youth learned to eat healthier foods.
- **50** people made changes in diet and exercise to improve their health.

OLDER ADULTS

In 2015 there were an estimated **1,229** adults age 65 and over in Nicholas County.³ By 2020, this is projected to be **1,393** persons age 65 and over.⁴ Of these, **182** are projected to be age 85 and over.⁴

According to the 2010 Census, in Nicholas County:⁸

- **319** individuals 65 and over lived alone
- **76** individuals 65 and over lived in nursing homes

Of Medicare fee-for-service beneficiaries in Nicholas County:⁹

- **8.18%** have Alzheimer's disease, related disorders, or senile dementia
- **29.68%** have arthritis
- **50.93%** have high cholesterol
- **61.72%** have hypertension
- **16.61%** have heart failure
- **12** have had a heart attack

As a result of participating in Nicholas County Extension programs:¹

- **87** people increased their knowledge and skills regarding diet and exercise.
- **400** families/caregivers learned the importance of a physically active lifestyle.

ADULTS

In 2015 there were an estimated **4,079** adults age 20-64 in Nicholas County.³ By 2020, it is projected that the county will have **4,185** age 20-64.⁴

The U.S. Census Bureau estimates that **13.6% (+/-1.8%)** of people age 18-64 were without health insurance in 2014.⁵

According to the County Diabetes Atlas, in 2013, **32.5% (41.4%-24.9%)** of adults were obese and **12.5% (16.8%-9.0%)** of adults had been diagnosed with diabetes.¹⁰

According to data used in the County Health Rankings:¹¹

- Respondents reported an average of **4.6 (4.8-4.4)** physically unhealthy days and **4.1 (4.2-3.9)** mentally unhealthy days in the previous 30 days (2014).
- **22% (23%-21%)** of adults were current smokers (2014).
- **3** of the **9** driving deaths between 2010 and 2014 involved alcohol.

In 2015, **1-4** residents of Nicholas County died of a drug overdose.¹²

As a result of participating in Nicholas County Extension programs:¹

- **100** people were reached through health and safety programs.
- **350** people increased their knowledge about eating healthier foods.

Percent of adults who delayed seeing a physician due to cost (2006-2012)¹³



SOURCES:

¹ Kentucky Cooperative Extension Reporting, FY2016

² Consumer Expenditure Survey, Table 1502.

³ <http://www.bls.gov/cew/>

⁴ 2015 Population Estimates, U.S. Census Bureau.

American FactFinder. <http://factfinder.census.gov>

⁵ Population Projections, Kentucky State Data Center.

<http://www.kscdlouisville.edu/>

⁶ Small Area Health Insurance Estimates (SAHIE), U.S. Census Bureau. <http://www.census.gov/did/www/sahie>

⁷ Kentucky Health Facts. <http://www.kentuckyhealthfacts.org>

⁸ Kids Count Data Center. <http://datacenter.kidscount.org>

⁹ 2010 Census, U.S. Census Bureau, American FactFinder.

<http://factfinder.census.gov>

¹⁰ Health Indicator Warehouse (Chronic Condition Data Warehouse).

¹¹ CDC County Diabetes Atlas.

<https://www.cdc.gov/diabetes/atlas/countydata/atlas.html>

¹² Robert Wood Johnson County Health Rankings.

<http://www.countyhealthrankings.org>

¹³ 2015 Overdose Fatality Report, Kentucky Office of Drug Control

Policy. <http://odcp.ky.gov/Pages/Reports.aspx>

¹⁴ Health Indicator Warehouse (BRFSS).