

ANDERSON COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

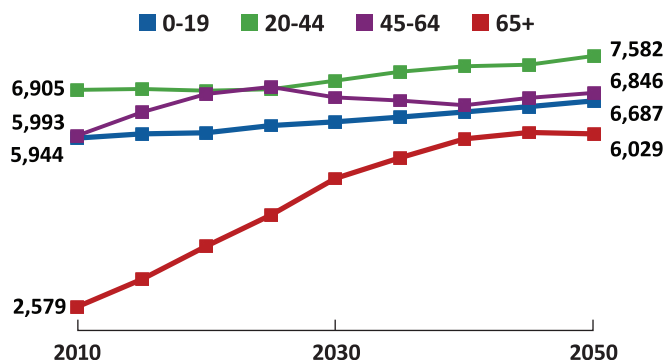
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Anderson County. To help families make wise decisions our educational programs focus on:

- **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 **8,212** contacts with Anderson County individuals and families.²

OUR PEOPLE

Population projections by age group for Anderson County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

Often, senior adults may lack the funds, energy, and desire to prepare a variety of nutritious foods. The Anderson County Cooperative Extension Service Family and Consumer Sciences agent prepared new recipes featuring fruits and vegetables that were served to 164 seniors over six visits to the local senior citizens center. More than 95 percent of seniors sampled the recipe. About 50 percent of those seniors who said they would not like the food prior to tasting later asked for the recipe. On subsequent visits, 50 percent of the group said they had prepared the recipe at least once at home since the lesson. Seniors improved the nutritive value of their meals and added color and texture to stimulate their appetite.



OUR FAMILIES

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

- **13.0% (+/- 4.6)** families with related children were below poverty
- **7.5% (+/- 3.6)** of those over the age of 65 were below poverty



In addition:

- **17.6% (+/- 1.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **259** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,987** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **31** people reported spending time in physical activity.
- **49** people increased their knowledge about healthy foods.
- **61** people reported eating more healthy foods.

OUR COMMUNITY

In Anderson County:

- **71.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **68.0%** of ordered child support was collected in 2011⁸

Of the **6** primary care physicians in Anderson County:⁹

- **66.7%** are family practice
- **16.7%** are pediatricians
- **0.0%** are OB/GYN

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

- **71** people are involved in addressing community issues.
- **162** people demonstrated informed and effective decision making.
- **523** people were able to utilize new decision-making skills for health.

OUR HEALTH

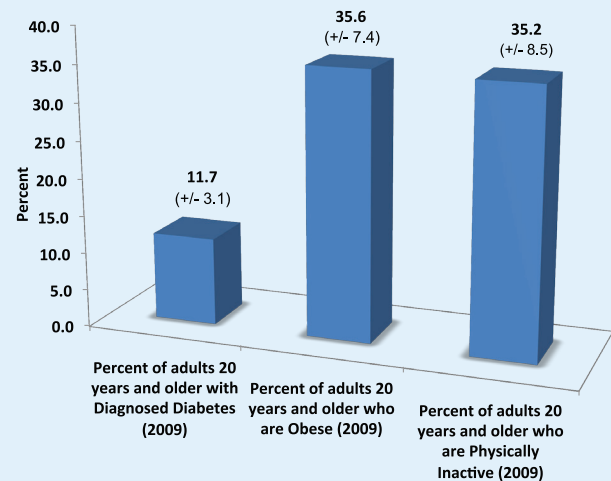
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Anderson County:

- **15.1% (6.4 - 31.5)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **18.3% (9.7 - 31.7)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **53.0% (34.3 - 70.9)** of adults reported having received a flu vaccine in the past year

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

- **51** people implemented personal health protection practices.
- **38** people made diet or exercise changes to improve health.
- **45** people increased knowledge of safe storage, handling and food preparation.

Health Snapshot: Anderson 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>