

BOURBON COUNTY

Elizabeth Kingsland,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

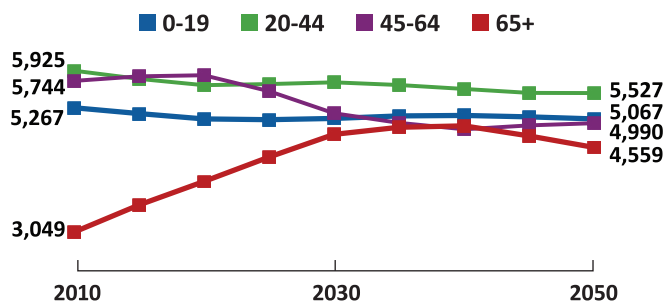
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bourbon County. To help families make wise decisions our educational programs focus on:

- **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 **21,271** contacts with Bourbon County individuals and families.²

OUR PEOPLE

Population projections by age group for Bourbon County¹



SPOTLIGHT ON ...

MOVING FORWARD WITH A HEALTHY COMMUNITY

The 2nd Sunday program has been a yearly event sponsored by Bourbon County Cooperative Extension Service for the last four years. In 2011 more than 300 people participated. This has been the only community-wide event for several years that promotes getting out and getting moving. In particular, Bourbon County has been lacking a community-wide plan for walking and biking. In 2011-2012, the Pioneering Healthy Community Committee worked to develop and implement a local biking walkability plan. Extension has been a member of this committee since its inception. This year through education, the use of a community planner and community meetings, the city and county have adapted a county-wide plan for bike lanes and walking trails. This is a major step to support Bourbon County healthy lifestyles.



OUR FAMILIES

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

- **19.9% (+/- 5.4)** families with related children were below poverty
- **9.4% (+/- 3.4)** of those over the age of 65 were below poverty



In addition:

- **22.6% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **326** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **3,942** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **100** people reported spending time in physical activity.
- **1,746** people increased their knowledge about healthy foods.
- **1,040** people reported eating more healthy foods.

OUR COMMUNITY

In Bourbon County:

- **69.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **51.0%** of ordered child support was collected in 2011⁸

Of the **19** primary care physicians in Bourbon County:⁹

- **73.7%** are family practice
- **5.3%** are pediatricians
- **0.0%** are OB/GYN

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

- **230** people are involved in addressing community issues.
- **300** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **375** people were able to utilize new decision-making skills for health.

OUR HEALTH

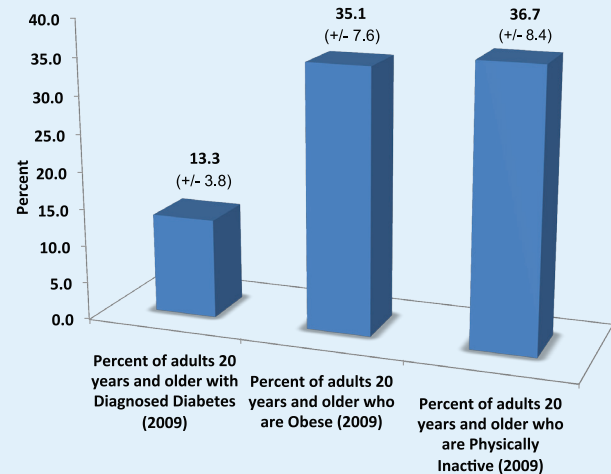
According to the Kentucky BRFSS, in 2010 in Bourbon County's Bluegrass Area Development District:¹⁰

- **65.5% (58.0 - 72.9)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **84.5% (80.9 - 88.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.8% (39.7 - 51.8)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Bourbon 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>