

BRACKEN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

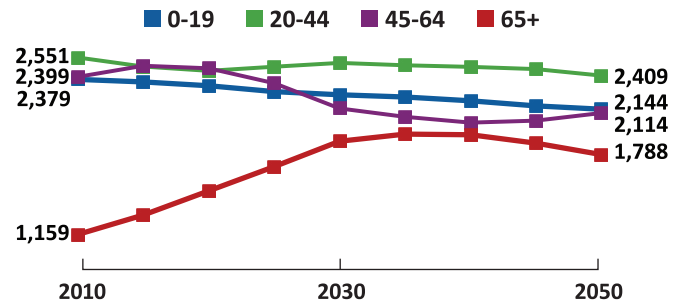
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bracken County. To help families make wise decisions our educational programs focus on:

- **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 **7,600** contacts with Bracken County individuals and families.²

OUR PEOPLE

Population projections by age group for Bracken County¹



SPOTLIGHT ON ...

WELLNESS IN KENTUCKY

The Bracken County Cooperative Extension Service's Family and Consumer Science agent partnered with the family resource center and the dance and fitness class at the Bracken County Middle School to offer eight weeks of nutritional and healthy education classes to their students. By using the "Wellness in Kentucky (WIN)" curriculum, lessons presented varied from fat content in foods to tasting your foods, from fruits and vegetables to calcium. There were a total of 40 students and three teachers in two classes. Overall, 95 percent of the students tried a fruit or vegetable they had never had before, with some stating they would try it again. Pre- and post-tests were given to see increased knowledge. On average, 95 percent of the students showed an increase in knowledge.



OUR FAMILIES

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



- **25.3% (+/- 7.7)** families with related children were below poverty
- **15.9% (+/- 10.2)** of those over the age of 65 were below poverty

In addition:

- **21.4% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010⁴
- **139** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,840** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **200** people were reached on importance of physical activity.
- **100** people increased their knowledge about healthy foods.
- **125** people increased their knowledge of eating more healthy foods.

OUR COMMUNITY

In Bracken County:

- **68.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **57.0%** of ordered child support was collected in 2011⁸

Of the **1** primary care physicians in Bracken County:⁹

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

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

- **158** people are involved in addressing community issues.
- **81** people reported making a home safety practice change.
- **68** people implemented a financial management strategy.

OUR HEALTH

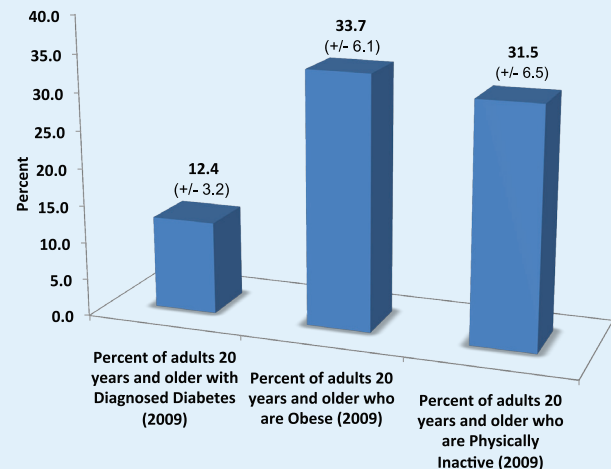
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Bracken County:

- **13.3% (8.6 - 20.0)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **19.0% (13.7 - 25.7)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **35.9% (26.6 - 46.4)** of adults reported having received a flu vaccine in the past year

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

- **25** people increased knowledge of diet and exercise changes to improve health.
- **20** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **25** people implemented safe storage, handling and food preparation practices.

Health Snapshot: Bracken 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>