

## BRECKINRIDGE COUNTY

Family & Consumer Sciences

2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

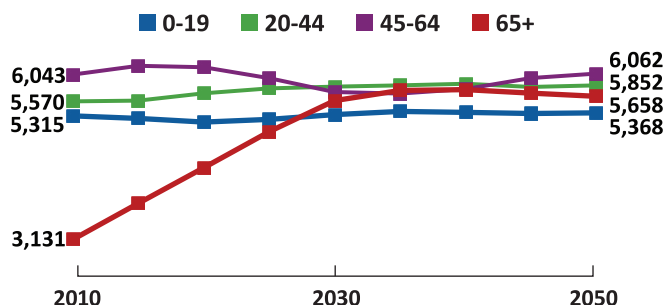
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Breckinridge County. To help families make wise decisions our educational programs focus on:

- **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 **6,904** contacts with Breckinridge County individuals and families.<sup>2</sup>

### OUR PEOPLE

Population projections by age group for Breckinridge County<sup>1</sup>



### SPOTLIGHT ON ...

## LOSING WEIGHT IN BRECKINRIDGE

In nine weeks, nine teams (34 people) lost 401.1 pounds and 178 inches. The top team lost 13.12 percent of their body weight. In eight weeks, 10 teams (43 participants) lost 180.2 pounds and 285.25 inches. The top team lost a total of 47.4 pounds and 10.21 percent of their body weight. These results are from people participating in the Breckinridge County Biggest Loser program. The programs last eight to 12 weeks have weekly weigh-ins, and initial and final weigh-ins and measurements (done at the Breckinridge County Extension Office). The Breckinridge County Family and Consumer Sciences agent offers classes throughout the program on nutrition and physical activity. One hundred percent of the participants plan to join again in an effort to reach their goal and get healthy.



## OUR FAMILIES

According to the 2010 American Community Survey,<sup>3</sup> between 2006 and 2010 it is estimated that in Breckinridge County:



- **20.1% (+/- 4.5)** families with related children were below poverty
- **14.7% (+/- 4.0)** of those over the age of 65 were below poverty

### In addition:

- **23.9% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **441** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **4,176** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

### As a result of participating in Breckinridge County Extension programs:<sup>2</sup>

- **76** people reported spending time in physical activity.
- **150** people increased their knowledge about healthy foods.
- **100** people reported eating more healthy foods.

## OUR COMMUNITY

In Breckinridge County:

- **59.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **66.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **8** primary care physicians in Breckinridge County:<sup>9</sup>

- **75.0%** are family practice
- **12.5%** are pediatricians
- **0.0%** are OB/GYN

### As a result of participating in Breckinridge County Extension programs:<sup>2</sup>

- **50** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **75** people increased awareness of how to manage current economic events.
- **80** people were able to utilize new decision-making skills for health.

## OUR HEALTH

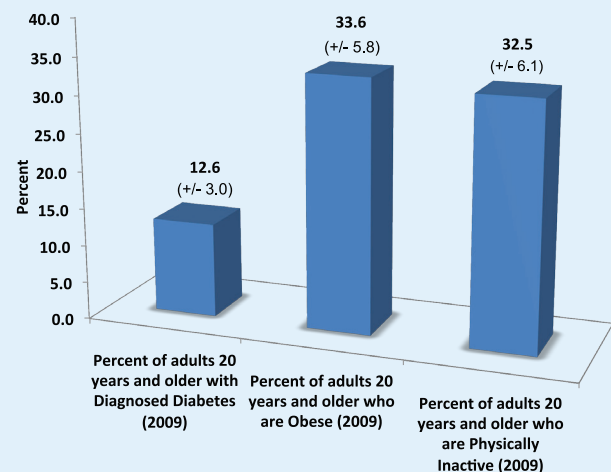
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Breckinridge County:

- **27.2% (17.2 - 40.3)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **31.7% (22.4 - 42.8)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **35.0% (26.2 - 45.0)** of adults reported having received a flu vaccine in the past year

### As a result of participating in Breckinridge County Extension programs:<sup>2</sup>

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

## Health Snapshot: Breckinridge County<sup>11</sup>



### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2012
- <sup>3</sup> U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates
- <sup>4</sup> U.S. Census Bureau, Small Area Health Insurance Estimates
- <sup>5</sup> Kids Count Data Center, Kentucky Department for Medicaid Services
- <sup>6</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2012
- <sup>7</sup> Kids Count Data Center, Kentucky Cabinet for Health and Family Services
- <sup>8</sup> Kids Count Data Center, Kentucky Division of Child Support
- <sup>9</sup> Kentucky Health Facts, Kentucky Board of Medical Licensure
- <sup>10</sup> Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- <sup>11</sup> Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>