

## BULLITT COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

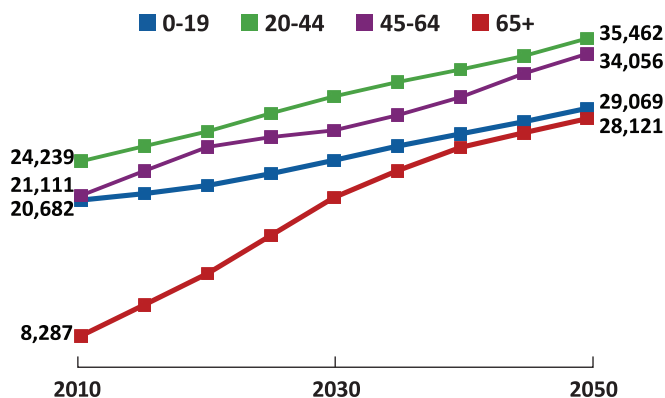
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bullitt County. To help families make wise decisions our educational programs focus on:

- **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 **14,782** contacts with Bullitt County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## ACTIVITY MATTERS!

As a community partner in a Carole White grant, the Bullitt County Cooperative Extension agent for Family and Consumer Sciences organized several programs throughout the year at Brooks Elementary School addressing healthy lifestyle choices. Six nutritional education classes were offered to 783 school staff and parents. A physical activity competition was conducted among 20 school staff, who logged 4,199,594 steps over a 45-day period. The winner averaged 19,205 steps a day as she prepared food for the children. More than 150 people attended a family fun night to participate in a physical activity challenge. In a community struggling with obesity, physical activity programs such as these make an incremental change in the sedentary behaviors of both youth and adults.



## OUR FAMILIES

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



- **10.1% (+/- 1.9)** families with related children were below poverty
- **8.0% (+/- 2.3)** of those over the age of 65 were below poverty

### In addition:

- **17.9% (+/- 1.6)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **1,017** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **9,967** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **274** people reported spending time in physical activity.
- **342** people increased their knowledge about healthy foods.
- **159** people reported eating more healthy foods.

## OUR COMMUNITY

In Bullitt County:

- **75.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **60.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **21** primary care physicians in Bullitt County:<sup>9</sup>

- **61.9%** are family practice
- **4.8%** are pediatricians
- **0.0%** are OB/GYN

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

- **257** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **190** people in Plate it Up! Kentucky Proud consumed more vegetables after completing the program.
- **141** people were able to utilize new decision-making skills for health.

## OUR HEALTH

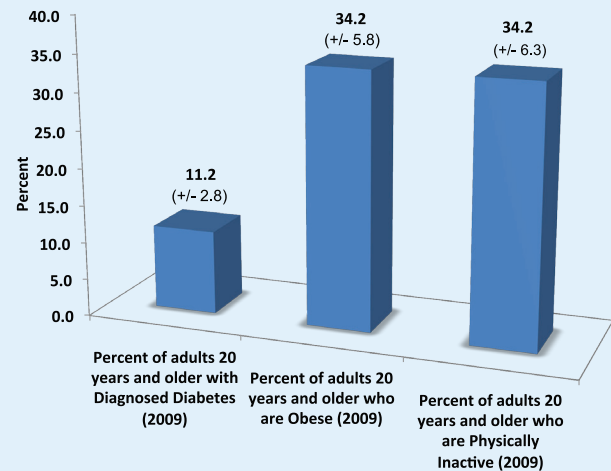
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Bullitt County:

- **19.3% (12.3 - 29)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **23.1% (16.0 - 32.2)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **32.5% (24.5 - 41.6)** of adults reported having received a flu vaccine in the past year

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

- **1,196** people increased knowledge of diet and exercise changes to improve health.
- **470** people made diet or exercise changes to improve health.
- **252** people experienced a change in knowledge of healthy home practices and stress management.

### Health Snapshot: Bullitt 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>