

CARLISLE COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

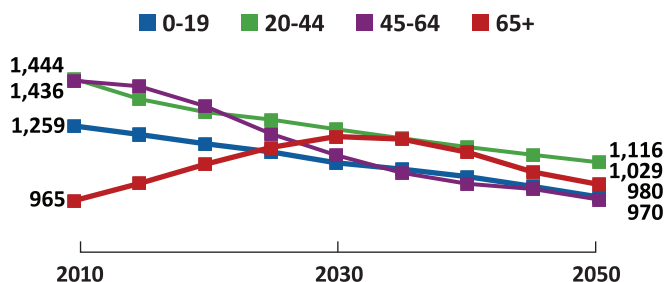
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carlisle County. To help families make wise decisions our educational programs focus on:

- **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 **15,062** contacts with Carlisle County individuals and families.²

OUR PEOPLE

Population projections by age group for Carlisle County¹



SPOTLIGHT ON ...

DECREASING FALLS IN THE COMMUNITY

From 2003-2010, fall-related hospitalizations involving Carlisle County residents ages 65 and over resulted in 62.9 percent of those involved being discharged to a skilled nursing facility, according to the Kentucky Safety and Prevention Alignment Network. In response, Carlisle County Cooperative Extension Service, in partnership with the Carlisle County Senior Citizens Center, presented "Stand Up to Falling," a fall prevention program, to 28 older adults. As a result: 71 percent better understood how to reduce the risk of falling; 64 percent will make changes to their home environment to reduce the risk of falling; 64 percent will become more physically active to help reduce the risk of falling; and 67 percent know how to safely get up from a fall.



OUR FAMILIES

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



- **14.9% (+/- 8.2)** families with related children were below poverty
- **15.1% (+/- 6.5)** of those over the age of 65 were below poverty

In addition:

- **23.5% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010⁴
- **105** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **888** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **66** people gained knowledge about accessing healthy foods.
- **18** people in Stand Up to Falling plan to make home environment changes to prevent falls.
- **23** people reported eating more healthy foods.

OUR COMMUNITY

In Carlisle County:

- **82.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **62.0%** of ordered child support was collected in 2011⁸

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

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

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

- **34** people gained knowledge about eating more healthy foods.
- **20** people in Stand Up to Falling understand how to reduce the risk of falling.
- **50** people were able to utilize new decision-making skills for health.

OUR HEALTH

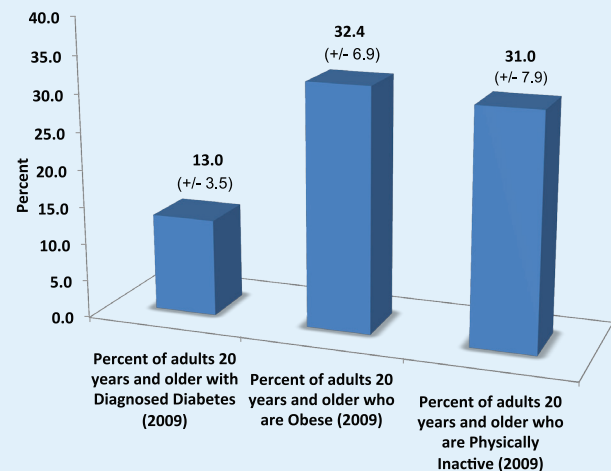
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Carlisle County:

- **16.1% (6.4 - 34.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **18.7% (10.8 - 30.3)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **46.2% (30.6 - 62.5)** of adults reported having received a flu vaccine in the past year

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

- **39** people increased knowledge of diet and exercise changes to improve health.
- **21** people made diet or exercise changes to improve health.
- **174** people were reached with information on the importance of physical activity.

Health Snapshot: Carlisle 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>