

CASEY COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

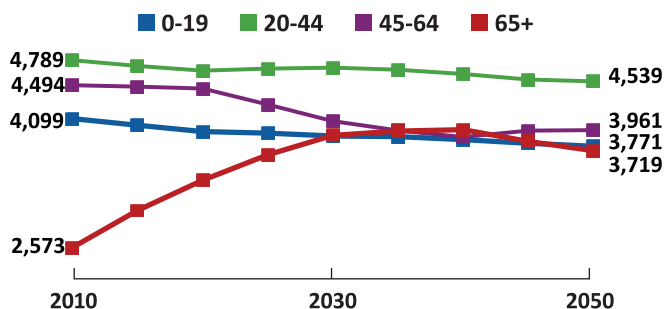
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Casey County. To help families make wise decisions our educational programs focus on:

- **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 **9,393** contacts with Casey County individuals and families.²

OUR PEOPLE

Population
projections
by age
group for
Casey
County¹



SPOTLIGHT ON ...

FOOD PRESERVATION OF LOCAL FOODS

The statistics are stark: 36 percent of Casey County children live in poverty and the county's median household income is \$21,580. To increase residents' ability to maintain proper nutritional habits and budget food dollars, the Casey County Cooperative Extension Service's offered a Food Preservation Boot Camp. During the program, participants were encouraged to grow a garden or purchase fresh fruits and vegetables locally, and utilize proper food preservation methods. Afterward, according to one participant "Before I took this workshop, I was afraid to even try food preservation; the pressure canner really scared me. Now, I can do this! I'm not afraid anymore! I can't wait to can some more so my family can eat better. Thank you! You've changed the way we eat!"



OUR FAMILIES

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



- **36.0% (+/- 7.5)** families with related children were below poverty
- **22.9% (+/- 7.0)** of those over the age of 65 were below poverty

In addition:

- **29.3% (+/- 2.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **384** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,365** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **575** people reported spending time in physical activity.
- **950** people increased their knowledge about healthy foods.
- **900** people reported eating more healthy foods.

OUR COMMUNITY

In Casey County:

- **60.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **60.0%** of ordered child support was collected in 2011⁸

Of the **6** primary care physicians in Casey County:⁹

- **66.7%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **500** people are involved in addressing community issues.
- **800** people increased awareness of how to manage current economic events.
- **1,000** people were able to utilize new decision-making skills for health.

OUR HEALTH

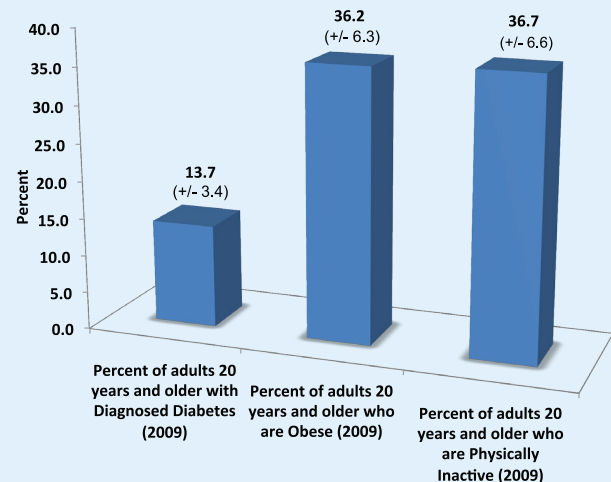
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Casey County:

- **20.1% (13.4 - 29.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **26.4% (18.2 - 36.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **30.0% (21.1 - 40.8)** of adults reported having received a flu vaccine in the past year

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

- **1,000** people increased knowledge of diet and exercise changes to improve health.
- **950** people made diet or exercise changes to improve health.
- **950** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Casey 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>