

CHRISTIAN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

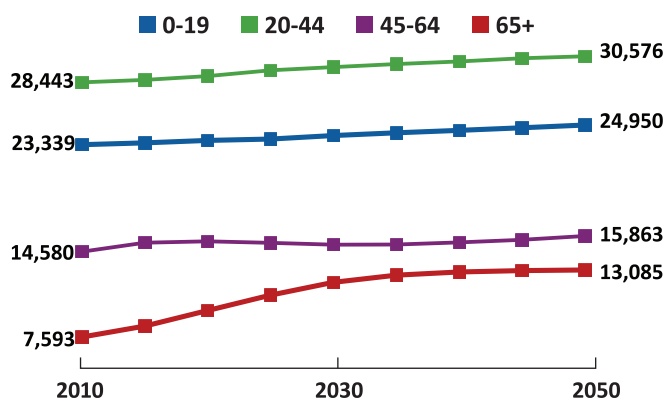
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Christian County. To help families make wise decisions our educational programs focus on:

- **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 **28,077** contacts with Christian County individuals and families.²

OUR PEOPLE

Population projections by age group for Christian County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

In Christian County, 24.4 percent of the adult population is obese, 31.2 percent gets little to no exercise, 31.7 percent have high blood pressure, and 9.6 percent have diabetes. In an effort to combat this situation, Christian County has organized a Healthy Communities Leadership Coalition.

The coalition has developed a program called Hopdown the Pounds. Initially, 396 adults weighed in. During the eight weeks between weigh-ins, two healthy cooking classes, four nutrition classes, and eight exercise classes were offered by the various sponsors. Family and Consumer Sciences Extension offered multiple healthy cooking classes. There were 21 people who attended the first one and 26 the second one. On the final weigh in, 125 participants recorded a total 1,612 pounds lost or an average loss of 12.9 pounds.



OUR FAMILIES

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



- **24.3% (+/- 3.0)** families with related children were below poverty
- **10.2% (+/- 2.3)** of those over the age of 65 were below poverty

In addition:

- **23.3% (+/- 2.4)** of those ages 18-64 did not have health insurance in 2010⁴
- **980** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **12,635** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **125** people adopted practices to reduce debt or increase savings.
- **250** people increased their knowledge about healthy foods.
- **175** people reported eating more healthy foods.

OUR COMMUNITY

In Christian County:

- **70.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **68.0%** of ordered child support was collected in 2011⁸

Of the **38** primary care physicians in Christian County:⁹

- **36.8%** are family practice
- **15.8%** are pediatricians
- **13.2%** are OB/GYN

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

- **425** people are involved in addressing community issues.
- **227** people increased awareness of how to manage current economic events.
- **450** people were able to utilize new decision-making skills for health.

OUR HEALTH

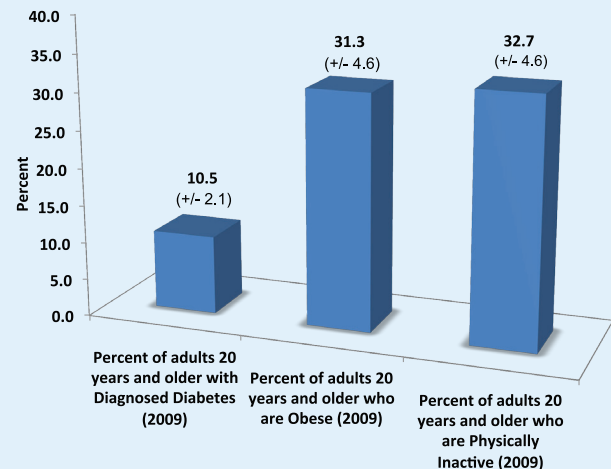
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Christian County:

- **15.3% (9.7 - 23.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **24.0% (17.8 - 31.4)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.6% (37.8 - 53.7)** of adults reported having received a flu vaccine in the past year

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

- **1,275** people increased knowledge of diet and exercise changes to improve health.
- **350** people made diet or exercise changes to improve health.
- **350** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Christian 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>