

## CLINTON COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

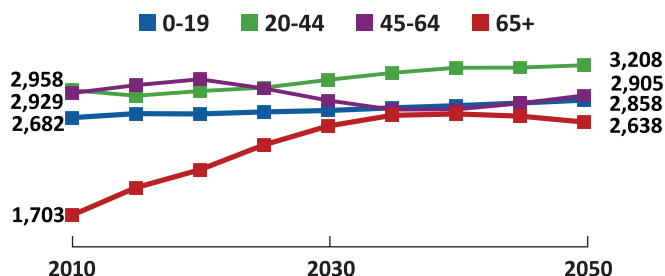
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Clinton County. To help families make wise decisions our educational programs focus on:

- **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 **28,594** contacts with Clinton County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## BIG BLUE SHAPE UP

Both youth and adults in Clinton County continue to struggle with obesity and lack of physical activity. According to "County Health Rankings (2012)," 38 percent of adults are physically inactive and 33 percent are obese. This year, 79 adults participated in Big Blue Shape Up series that focused on techniques for improved health and wellness. To determine current eating patterns and track changes, participants completed a 24-hour food recall at the beginning of the program. In addition to weekly weigh-ins, educational lessons focused on portion control, diabetes management, label reading, and reducing sodium and sugar. At the end of the series, 50 individuals completed all 10 weeks with a combined weight loss of 419 pounds.. As an additional challenge, 19 participants consumed 68,799 ounces of water in 10 weeks.



## OUR FAMILIES

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



- **43.9% (+/- 10.1)** families with related children were below poverty
- **26.6% (+/- 9.8)** of those over the age of 65 were below poverty

### In addition:

- **26.4% (+/- 2.5)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **324** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **3,072** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **9,858** people reported spending time in physical activity.
- **2,257** people increased their knowledge about healthy foods.
- **469** people reported eating more healthy foods.

## OUR COMMUNITY

In Clinton County:

- **69.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **56.0%** of ordered child support was collected in 2011<sup>8</sup>

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

- **44.4%** are family practice
- **0.0%** are pediatricians
- **22.2%** are OB/GYN

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

- **937** people are involved in addressing community issues.
- **333** people increased awareness of how to manage current economic events.
- **1,197** people were able to utilize new decision-making skills for health.

## OUR HEALTH

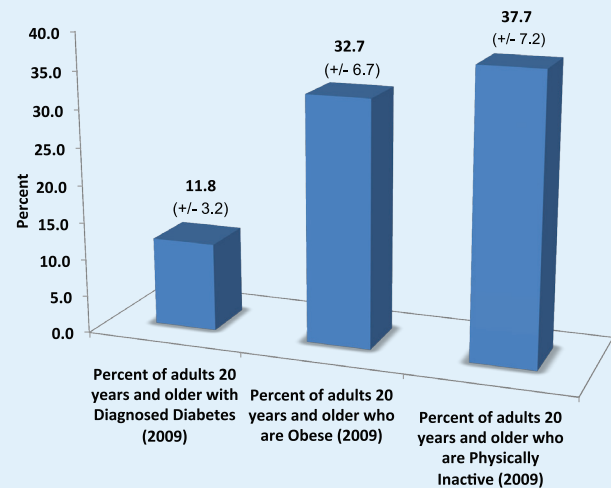
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Clinton County:

- **16.5% (9.4 - 27.2)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **28.7% (19.5 - 40.2)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.7% (33.6 - 58.4)** of adults reported having received a flu vaccine in the past year

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

- **15,331** people increased knowledge of diet and exercise changes to improve health.
- **1,754** people made diet or exercise changes to improve health.
- **341** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Clinton 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>