

ELLIOTT COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

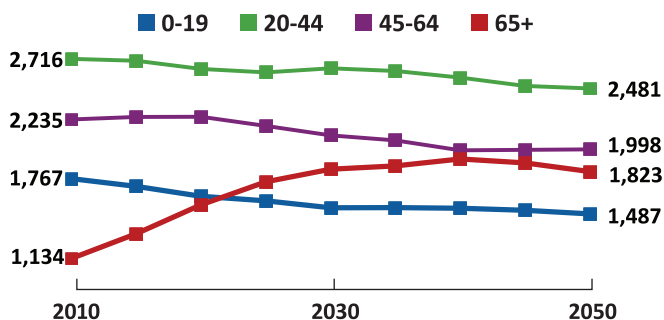
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Elliott County. To help families make wise decisions our educational programs focus on:

- **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 **9,275** contacts with Elliott County individuals and families.²

OUR PEOPLE

Population projections by age group for Elliott County¹



SPOTLIGHT ON ...

PROVIDING FOOD FOR THE HUNGRY

Statistics show that approximately 30 percent of Elliott County's population is at risk for food insecurity. As a result, the Elliott County Cooperative Extension Service agents for Family and Consumer Sciences and Agriculture partner with God's Pantry to host a monthly food drop. During the 2011-2012 fiscal year, 121,033 pounds of food was distributed to 1,728 households for an average of 70 pounds of food per month for 144 households. An average of 16 volunteers worked three hours each month to help the food drop run smoothly. According to "The Independent Sector," the 2010 value of volunteer time in Kentucky was \$17.65 per hour. This gives the Elliott County Cooperative Extension Service a value of \$10,166.40 in helping feed limited-resource families for the 2011-2012 fiscal year.



OUR FAMILIES

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



- **39.4% (+/- 9.9)** families with related children were below poverty
- **25.6% (+/- 9.1)** of those over the age of 65 were below poverty

In addition:

- **25.8% (+/- 2.8)** of those ages 18-64 did not have health insurance in 2010⁴
- **166** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,353** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **75** people reported spending time in physical activity.
- **85** people demonstrated informed decision-making skills.
- **100** people were reached with information on accessing healthy foods.

OUR COMMUNITY

In Elliott County:

- **57.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **56.0%** of ordered child support was collected in 2011⁸

Of the **2** primary care physicians in Elliott County:⁹

- **100.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **2,180** people reported accessing healthy community food sources such as farmers markets or food pantry.
- **23** people in Stand Up to Falling plan to be more physically active to prevent falls.
- **585** people were able to utilize new decision-making skills for health.

OUR HEALTH

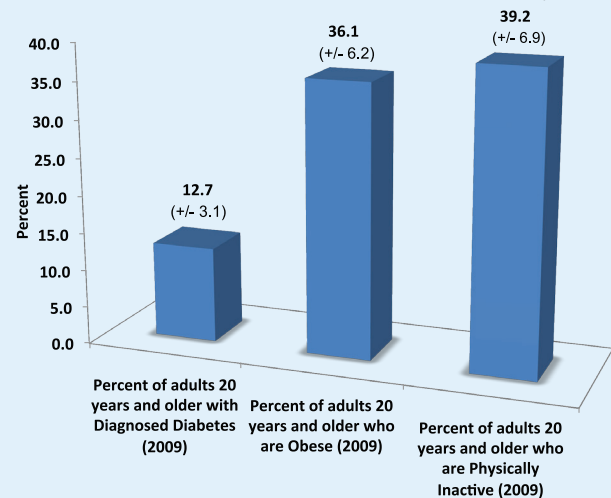
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Elliott County:

- **34.4% (23.2 - 47.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **32.1% (22.2 - 43.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **29.0% (19.0 - 41.7)** of adults reported having received a flu vaccine in the past year

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

- **500** people increased knowledge of diet and exercise changes to improve health.
- **300** people made diet or exercise changes to improve health.
- **647** people experienced a change in knowledge of food safety practices.

Health Snapshot: Elliott 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>