

## ESTILL COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

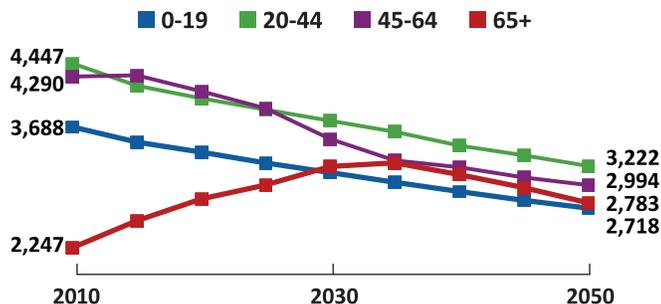
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Estill County. To help families make wise decisions our educational programs focus on:

- **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 **11,514** contacts with Estill County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## FALL PREVENTION

Falling in one's home causes many life-threatening injuries and jeopardizes the independence for over one-third of Kentucky's senior population each year. To teach seniors how to manage environmental factors and lifestyle choices to promote independent aging, Don't Let Falls Get You Down was taught by the Estill County Extension Family and Consumer Sciences agent. Twenty-eight participants and five home health care assistants were in attendance. Post-session evaluations revealed that as a direct result of this program: 90 percent understood how to reduce the risk of falling; 75 percent planned to protect their vision and/or see an eye doctor; 85 percent planned to make changes to their home to reduce the risk of falling; and 100 percent know how to safely get up from a fall.



## OUR FAMILIES

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



- **31.6% (+/- 7.8)** families with related children were below poverty
- **18.4% (+/- 5.6)** of those over the age of 65 were below poverty

### In addition:

- **24.1% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **282** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **5,211** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **90** people reported spending time in physical activity.
- **422** people increased their knowledge about healthy foods.
- **150** people reported eating more healthy foods.

## OUR COMMUNITY

In Estill County:

- **57.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **55.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **8** primary care physicians in Estill County:<sup>9</sup>

- **50.0%** are family practice
- **25.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **223** people are involved in addressing community issues.
- **150** people in Stand Up to Falling plan to make home environment changes to prevent falls.
- **550** people were able to utilize new decision-making skills for health.

## OUR HEALTH

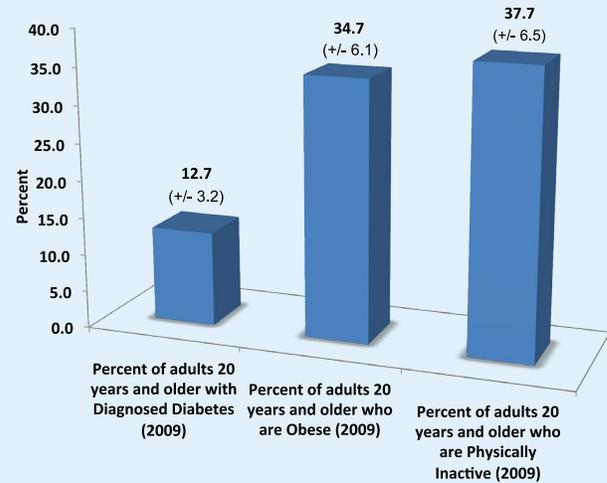
According to the Kentucky BRFSS, in 2010 in Estill County's Bluegrass Area Development District:<sup>10</sup>

- **65.5% (58.0 - 72.9)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **84.5% (80.9 - 88.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.8% (39.7 - 51.8)** of adults reported having received a flu vaccine in the past year

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

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

## Health Snapshot: Estill 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> Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. 2010.
- <sup>11</sup> Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>