

## FLOYD COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

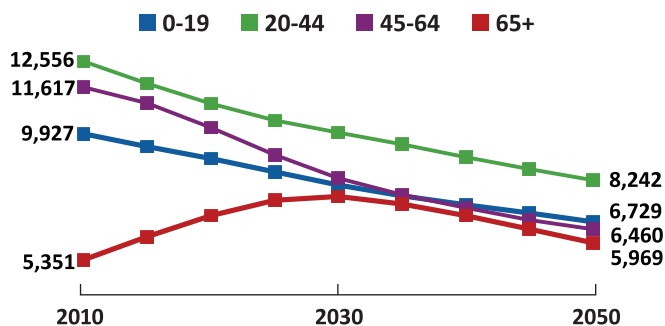
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Floyd County. To help families make wise decisions our educational programs focus on:

- **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 **24,120** contacts with Floyd County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## DECREASING WEIGHT KEY TO HEALTHY FLOYD COUNTY

Obesity is a major risk factor for development of multiple chronic diseases, including cardiovascular disease, hypertension, cancer, arthritis, sleep apnea, and the significant explosion in type II diabetes. Extension-based programs were offered using evidence- and research-based curricula, which included: "Weight the Reality Series," "Small Steps to Health and Wealth," and "Diabetes Taking Ownership-Prevention." Expanded Food and Nutrition Core Curriculum and Nutrition Education Program resources were also used. Individuals with a BMI of 25 or higher enrolled in weight management programs. Participants were encouraged to lose 5 percent of their body weight while achieving a safe weekly weight loss of 1- 2 pounds. Participants' weight loss totaled 2.1 pounds on average each week. Individuals reported in post-program evaluations that they increased daily consumption of fruits and vegetables.



## OUR FAMILIES

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



- **36.6% (+/- 5.7)** families with related children were below poverty
- **13.4% (+/- 3.2)** of those over the age of 65 were below poverty

### In addition:

- **24.5% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **838** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **13,839** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **348** people reported spending time in physical activity.
- **8,681** people increased their knowledge about healthy foods.
- **8,914** people reported eating more healthy foods.

## OUR COMMUNITY

In Floyd County:

- **48.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **57.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **53** primary care physicians in Floyd County:<sup>9</sup>

- **49.1%** are family practice
- **9.4%** are pediatricians
- **11.3%** are OB/GYN

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

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

## OUR HEALTH

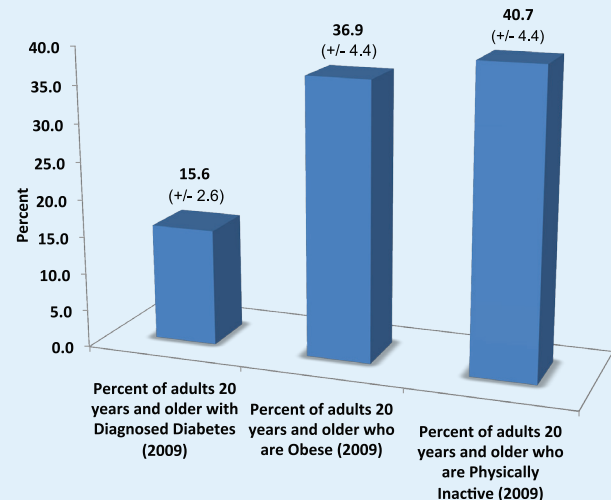
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Floyd County:

- **25.6% (20.3 - 31.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **39.8% (33.9 - 46.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **38.2% (32.4 - 44.3)** of adults reported having received a flu vaccine in the past year

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

- **7,100** people increased knowledge of diet and exercise changes to improve health.
- **3,328** people made diet or exercise changes to improve health.
- **463** people experienced a change in knowledge of healthy home practices and stress management.

### Health Snapshot: Floyd 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>