

GALLATIN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

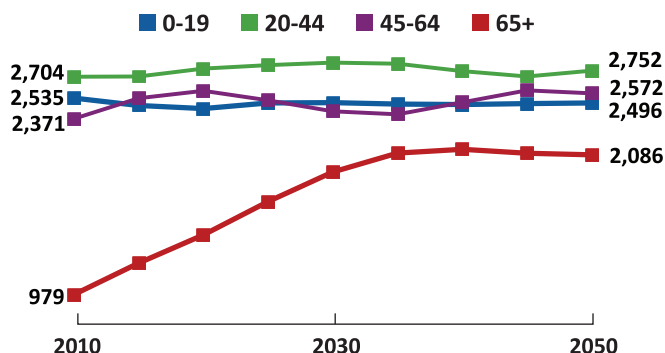
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Gallatin County. To help families make wise decisions our educational programs focus on:

- **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 **31,871** contacts with Gallatin County individuals and families.²

OUR PEOPLE

Population projections by age group for Gallatin County¹



SPOTLIGHT ON ...

DECREASING FALLS IN THE COMMUNITY

Each year, falls jeopardize the independence for over one-third of Kentucky's senior population 65 and older. To teach seniors how to adjust and manage environmental factors to promote independent aging, Gallatin County Cooperative Extension Service taught "Stand Up to Falling" to 15 participants. Post-session evaluations revealed that as a direct result of this program: 89 percent understood how to reduce the risk of falling; 56 percent planned to make changes to their home to reduce the risk of falling; 100 percent planned to be more physically active regarding strength, balance and flexibility; and 100 percent learned how to safely get up from a fall. In addition, the Keep Moving Group for seniors now meets three times weekly throughout the year at the extension office for 45-minute exercise/flexibility sessions.



OUR FAMILIES

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

- **26.5% (+/- 10.0)** families with related children were below poverty
- **17.7% (+/- 12.8)** of those over the age of 65 were below poverty



In addition:

- **23.2% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010⁴
- **144** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,933** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **550** people were reached on the importance of physical activity.
- **100** people demonstrated informed decision making skills.
- **35** people reported eating more healthy foods.

OUR COMMUNITY

In Gallatin County:

- **42.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **58.0%** of ordered child support was collected in 2011⁸

Of the **3** primary care physicians in Gallatin County:⁹

- **66.7%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

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

OUR HEALTH

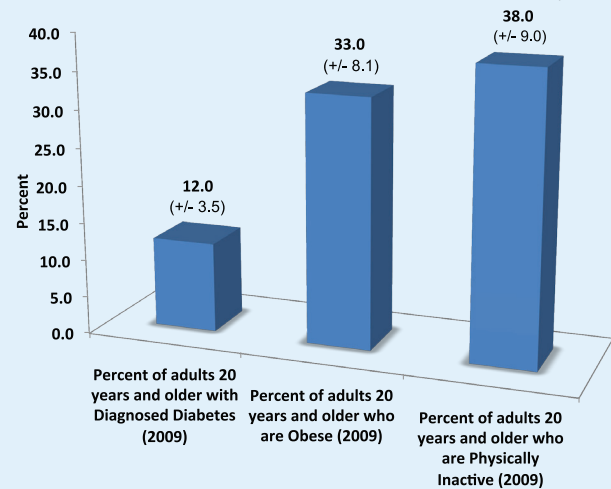
According to the Kentucky BRFSS, in 2010 in Gallatin County's Northern Kentucky Area Development District:¹⁰

- **65.8% (58.8 - 72.7)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **85.5% (82.1 - 88.9)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **45.5% (39.9 - 51.1)** of adults reported having received a flu vaccine in the past year

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

- **1,400** people increased knowledge of diet and exercise changes to improve health.
- **110** people made diet or exercise changes to improve health.
- **500** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Gallatin 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 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. 2010.
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

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