

GRAVES COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

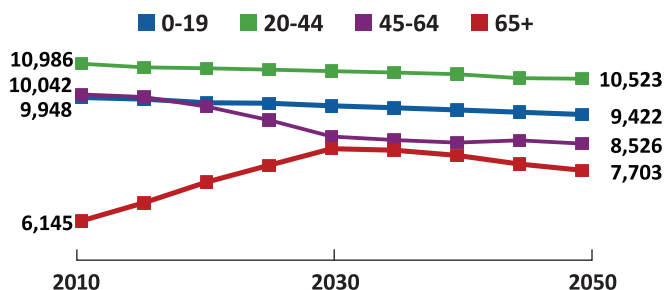
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Graves County. To help families make wise decisions our educational programs focus on:

- **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 **4,240** contacts with Graves County individuals and families.²

OUR PEOPLE

Population
projections
by age
group for
Graves
County¹



SPOTLIGHT ON ...

SECOND SUNDAY

According to the 2006 Trust for American Health, Kentucky ranks as the fifth heaviest in the nation with adult obesity rates of 26.7 percent. In an effort to promote healthy outcomes in the community, the Graves County Cooperative Extension Service's Family and Consumer Sciences program conducted programming to address the obesity problem. FCS partnered with Extension Homemakers, the YMCA, the Health Department, and the American Red Cross to plan, promote, and host Second Sunday, a community event to promote family physical activity. Basketball and soccer drills were conducted by Mid-Continent University's men's basketball team. Participants took advantage of the walking trail, swings, disk golf, and jungle gym at the event location. Youth participated in obstacle courses, races, hula hoop contests, face painting, and other physical activities during the event.



OUR FAMILIES

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



- **23.7% (+/- 4.5)** families with related children were below poverty
- **12.6% (+/- 2.3)** of those over the age of 65 were below poverty

In addition:

- **23.3% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010⁴
- **771** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **6,921** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **100** people reported spending time in physical activity.
- **300** people increased their knowledge about healthy foods.
- **225** people reported eating more healthy foods.

OUR COMMUNITY

In Graves County:

- **74.0%** 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 **22** primary care physicians in Graves County:⁹

- **54.5%** are family practice
- **9.1%** are pediatricians
- **9.1%** are OB/GYN

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

- **105** people are involved in addressing community issues.
- **90** people implemented practices to make food more accessible or affordable.
- **400** people were able to utilize new decision-making skills for health.

OUR HEALTH

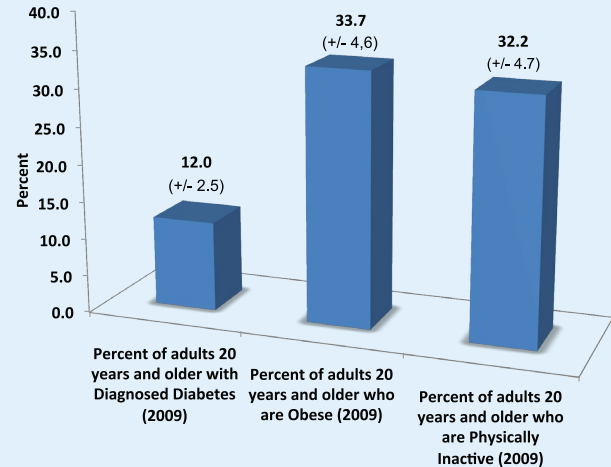
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Graves County:

- **12.0% (7.8 - 17.9)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **18.7% (14.0 - 24.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **38.1% (30.6 - 46.3)** of adults reported having received a flu vaccine in the past year

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

- **250** people increased knowledge of diet and exercise changes to improve health.
- **100** people made diet or exercise changes to improve health.
- **90** people implemented personal health protection practices.

Health Snapshot: Graves 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>