

## GRAYSON COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

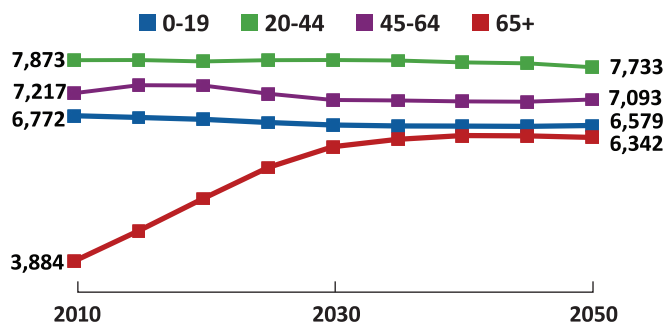
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Grayson County. To help families make wise decisions our educational programs focus on:

- **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 **4,290** contacts with Grayson County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## LOSING WEIGHT FOR A HEALTHY GRAYSON COUNTY

The Grayson County Cooperative Extension Service partnered with the local health department to share Get It Off Grayson County in our community. The program consisted of a 10-week series of classes for weight management through healthy eating and physical activity. Twenty-three individuals participated with a total of 185.95 pounds lost. Of those participants 14 responded to an evaluation survey: 50 percent reported eating healthier as a result of participating in the program and 67 percent reported that they are now watching their portion sizes. All participants also reported lost weight during the program, with 39 percent reaching their weight loss goal. Fifty percent of participants reported increasing their physical activity during the program, while 83 percent say that they see themselves exercising one and five years from now.



## OUR FAMILIES

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



- **21.6% (+/- 4.6)** families with related children were below poverty
- **17.7% (+/- 4.5)** of those over the age of 65 were below poverty

### In addition:

- **23.7% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **523** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **6,142** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **200** people were reached on the importance of physical activity.
- **350** people increased their knowledge about healthy foods.
- **30** people reported eating more healthy foods.

## OUR COMMUNITY

In Grayson County:

- **67.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **63.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **22** primary care physicians in Grayson County:<sup>9</sup>

- **45.5%** are family practice
- **13.6%** are pediatricians
- **13.6%** are OB/GYN

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

- **125** people demonstrated informed decision-making.
- **50** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **135** people were able to utilize new decision-making skills for health.

## OUR HEALTH

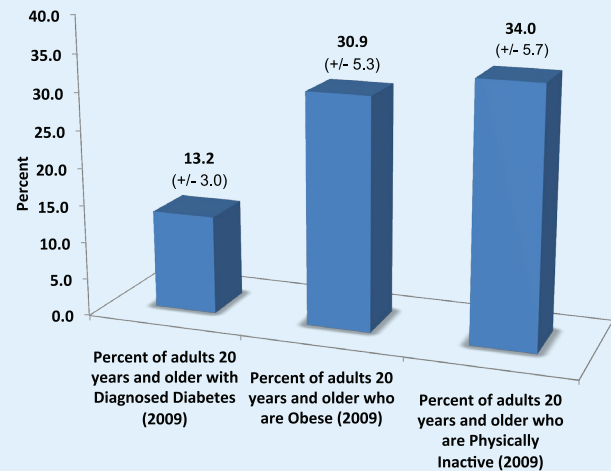
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Grayson County:

- **25.6% (17.8 - 35.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **27.0% (20.6 - 34.6)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **40.7% (32.4 - 49.5)** of adults reported having received a flu vaccine in the past year

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

- **325** people increased knowledge of diet and exercise changes to improve health.
- **25** people made diet or exercise changes to improve health.
- **20** people in Taking Ownership of Your Diabetes utilized a diabetes meal plan.

### Health Snapshot: Grayson 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>