

HANCOCK COUNTY

Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



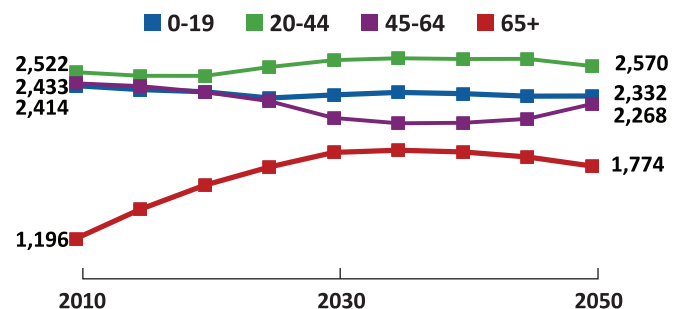
OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hancock 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

OUR PEOPLE

Population projections by age group for Hancock County¹



SPOTLIGHT ON ...

COOKING CLUB FOR YOUTH

Basic food preparation skills can be an important tool for lifelong healthy eating patterns. To increase local middle school youth's skills in the kitchen Hancock County 4-H Youth Development agent partnered with the Youth Service Center and Community Education to start an afterschool 4-H Cooking Club. The club met monthly and each month different kitchen techniques were taught along with nutrition lessons for the accompanying foods. At the conclusion of the club meetings and lessons, written surveys were completed. They revealed: 95% of students tried at least 3 new fruits or vegetables; 100% tried a new food; 100% feel comfortable using a knife; 100% learned safety around ovens and stoves; and 91% gained a new understanding of portion control.



OUR FAMILIES

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



- **19.3% (+/- 7.8)** families with related children were below poverty
- **15.1% (+/- 6.7)** of those over the age of 65 were below poverty

In addition:

- **17.5% (+/- 1.8)** of those ages 18-64 did not have health insurance in 2010⁴
- **133** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,224** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **15** people supplemented their diet with food they produced or preserved.
- **65** people increased their knowledge about healthy foods.
- **55** people reported eating more healthy foods.

OUR COMMUNITY

In Hancock County:

- **62.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **67.0%** of ordered child support was collected in 2011⁸

Of the **1** primary care physicians in Hancock County:⁹

- **100.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **58** people are involved in addressing community issues.
- **46** people increased leadership knowledge and skills.
- **220** people were able to utilize new decision-making skills for health.

OUR HEALTH

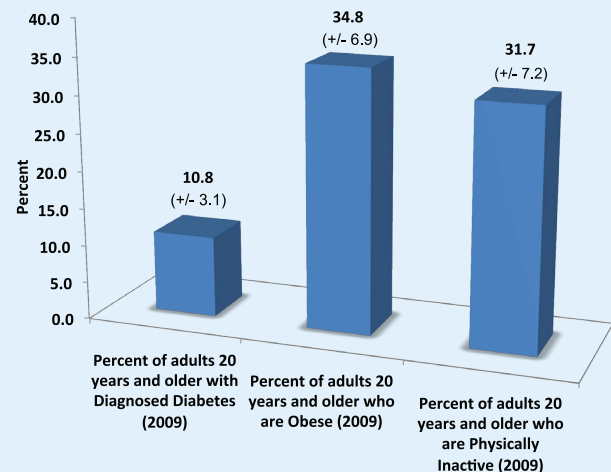
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Hancock County:

- **18.7% (7.3 - 40.5)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **15.6% (8.7 - 26.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **39.9% (23.0 - 59.5)** of adults reported having received a flu vaccine in the past year

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

- **220** people increased knowledge of diet and exercise changes to improve health.
- **160** people increased knowledge of safe storage, handling and food preparation.
- **100** people implemented safe storage, handling and food preparation practices.

Health Snapshot: Hancock 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>