

HARLAN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

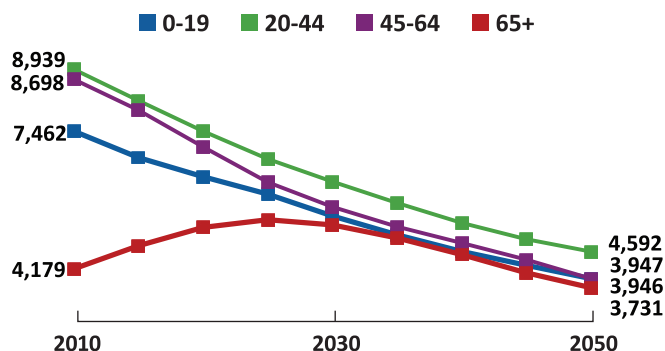
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Harlan County. To help families make wise decisions our educational programs focus on:

- **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 **22,416** contacts with Harlan County individuals and families.²

OUR PEOPLE

Population projections by age group for Harlan County¹



SPOTLIGHT ON ...

INCREASING PHYSICAL ACTIVITY

Harlan County is in the top 10 least healthy counties in the state. In 2007, Harlan County was ranked 119 out of 120 Kentucky counties. In 2011, these rates were released again and the county was ranked 117. The Harlan County Cooperative Extension Service coordinated a community physical activity awareness program with 143 participants. Of the 143 people who attended, 100 percent stated that they would exercise more than three times a week. Booths were set up to give participants information on ways to be active, portion sizes, diabetes control, and the food guide pyramid. As a result of this successful response, Harlan County restarted Get Moving Kentucky (after a lapse of two years) and 321 people enrolled and exercised almost daily for eight weeks.



OUR FAMILIES

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



- **38.6% (+/- 5.2)** families with related children were below poverty
- **16.9% (+/- 3.7)** of those over the age of 65 were below poverty

In addition:

- **24.8% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010⁴
- **634** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **10,693** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **800** people reported spending time in physical activity.
- **475** people made healthy lifestyle changes.
- **125** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

OUR COMMUNITY

In Harlan County:

- **51.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **68.0%** of ordered child support was collected in 2011⁸

Of the **30** primary care physicians in Harlan County:⁹

- **33.3%** are family practice
- **10.0%** are pediatricians
- **13.3%** are OB/GYN

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

- **310** people are involved in addressing community issues.
- **360** people increased awareness of how to manage current economic events.
- **1,300** people were able to utilize new decision-making skills for health.

OUR HEALTH

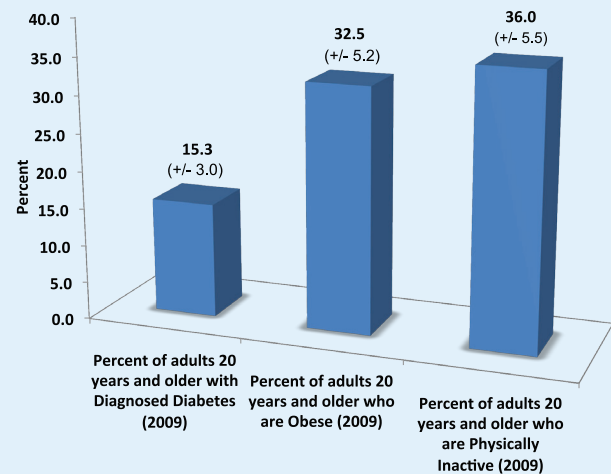
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Harlan County:

- **26.3% (18.9 - 35.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **35.5% (27.1 - 44.8)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **29.1% (21.5 - 38.1)** of adults reported having received a flu vaccine in the past year

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

- **850** people increased knowledge of diet and exercise changes to improve health.
- **125** people implemented personal health protection practices.
- **310** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Harlan 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>