

## HENRY COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

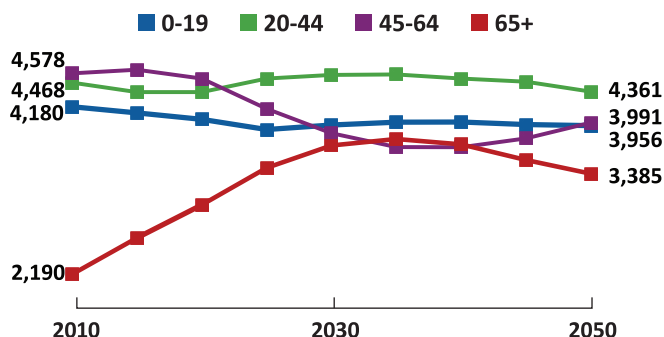
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Henry County. To help families make wise decisions our educational programs focus on:

- **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 **8,210** contacts with Henry County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

Kentucky is consistently ranked among the top 10 states for obesity. Because research shows that competition and financial gain are two of the biggest motivators for weight loss, the Henry County Cooperative Extension Service collaborated with a local church and the health department to offer a “Biggest Loser” competition this summer. There were 59 participants in 13 teams registered for the 10-week competition, which included weekly weigh-ins, weekly educational sessions, and handouts. As a result of the competition, the participants lost a total of 609 pounds. Five participants lost 10 percent or more of their body weight, and seven participants lost 20 pounds or more. Twenty-seven individuals had pre- and post-body fat analyses, and the average decrease in percent body fat was 3.9.



## OUR FAMILIES

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



- **24.1% (+/- 5.7)** families with related children were below poverty
- **12.1% (+/- 4.2)** of those over the age of 65 were below poverty

### In addition:

- **21.2% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **268** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **2,734** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **131** people reported spending time in physical activity.
- **700** people increased their knowledge about healthy foods.
- **40** people reported eating more healthy foods.

## OUR COMMUNITY

In Henry County:

- **71.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **62.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **6** primary care physicians in Henry County:<sup>9</sup>

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

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

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

## OUR HEALTH

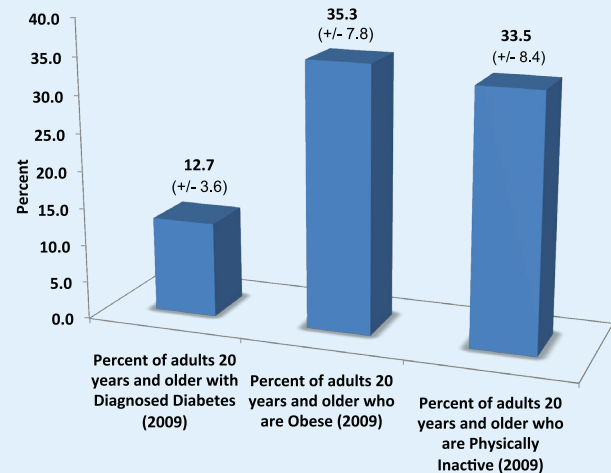
According to the Kentucky BRFSS, in 2010 in Henry County's KIPDA Area Development District:<sup>10</sup>

- **74.6% (68.4 - 88.7)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **82.3% (78.4 - 86.1)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **44.6% (39.1 - 50.1)** of adults reported having received a flu vaccine in the past year

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

- **32** people in Stand Up to Falling plan to be more physically active to prevent falls.
- **390** people demonstrated effective decision-making.
- **136** people implemented personal health protection practices.

## Health Snapshot: Henry 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> Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2010.
- <sup>11</sup> Centers for Disease Control, National Diabetes Surveillance System

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