

HICKMAN COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

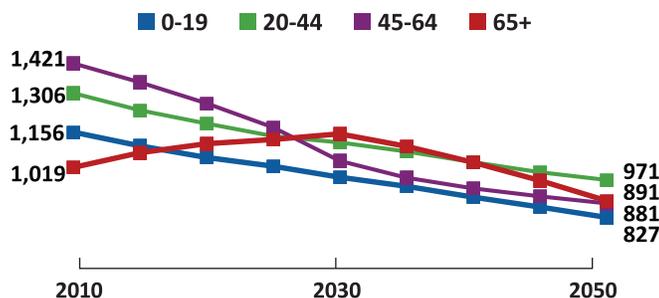
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hickman County. To help families make wise decisions our educational programs focus on:

- **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 **11,863** contacts with Hickman County individuals and families.²

OUR PEOPLE

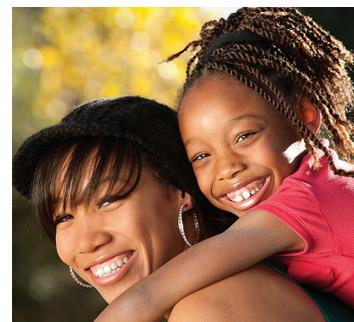
Population projections by age group for Hickman County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

On any given day, less than 15 percent of schoolchildren eat the recommended servings of fruit; less than 20 percent eat the recommended servings of vegetables. Putting together story books, nutrition, and adding a dose of movement led us to use Literacy, Eating and Activity for Preschoolers for Health as an ongoing health program in Hickman county. Participants of the program completed at least 10 sessions of the curriculum. The program was taught to 102 Head Start preschoolers and 65 kindergartners. Post-lesson observations concluded: 176 students tasted a new fruit or vegetable during the program; 186 students would try the fruit or vegetable again at home; and 199 students left the sessions knowing at least one good health habit and the benefits of exercise and fruit/vegetable consumption.



OUR FAMILIES

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



- **18.0% (+/- 8.3)** families with related children were below poverty
- **12.4% (+/- 6.3)** of those over the age of 65 were below poverty

In addition:

- **23.5% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010⁴
- **75** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **859** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **550** people reported spending time in physical activity.
- **550** people increased their knowledge about healthy foods.
- **376** people reported eating more healthy foods.

OUR COMMUNITY

In Hickman County:

- **60.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **63.0%** of ordered child support was collected in 2011⁸

Of the **2** primary care physicians in Hickman County:⁹

- **50.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **32** people are involved in addressing community issues.
- **250** people implemented personal health screenings.
- **125** people were able to utilize new decision-making skills for health.

OUR HEALTH

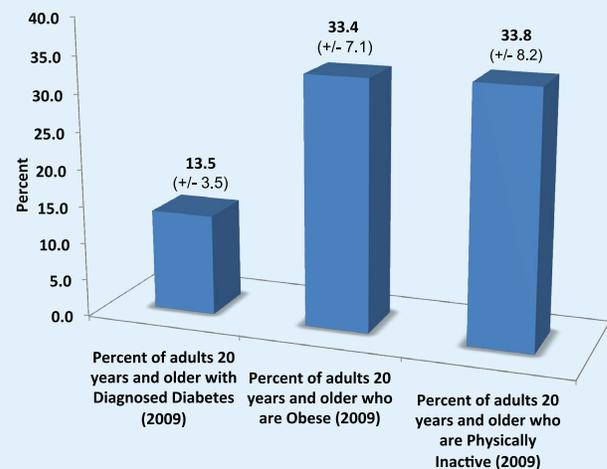
According to the Kentucky BRFSS, in 2010 in Hickman County's Purchase Area Development District:¹⁰

- **71.3% (64.3 - 78.2)** women age 40 and over had a mammogram in the past two years, compared to **69.9% (67.7 - 72.2)** in the state
- **79.9% (75.2 - 84.6)** of adults reported their health as good, compared to **78.5% (77.1 - 79.8)** in the state
- **40.9% (35.1 - 46.8)** of adults reported having received a flu vaccine in the past year

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

- **200** people increased knowledge of diet and exercise changes to improve health.
- **175** people made diet or exercise changes to improve health.
- **150** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Hickman 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 Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. 2010.
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

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