

## JEFFERSON COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

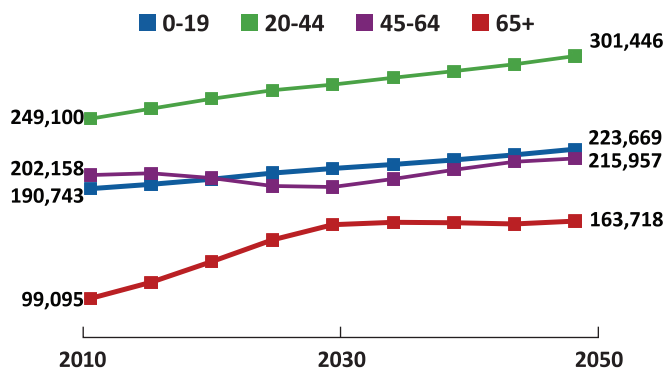
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Jefferson County. To help families make wise decisions our educational programs focus on:

- **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 **38,901** contacts with Jefferson County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## MAKING HEALTHY FOOD CHOICES

The Louisville Metro area has many food “deserts” or lack of access to nutritious, affordable food. Farmers markets promote locally grown produce to the urban dweller but not to citizens in west Louisville. The Fresh Stop Project is a project of New Roots Inc., a nonprofit organization that promotes a healthier lifestyle in west Louisville. The Jefferson County Cooperative Extension Service Expanded Food and Nutrition Program partnered in this project to help target limited resource consumers and encourage them to buy local produce and increase their fruit and vegetable consumption, with the overall goal reducing the incidence of overweight and obesity. The Fresh Stop Project provided nutrition information, food demonstrations, and distribution of over 1,200 Kentucky Proud recipes based on produce availability from local farmers June through October.



## OUR FAMILIES

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



- **19.3% (+/- 0.9)** families with related children were below poverty
- **9.1% (+/- 0.7)** of those over the age of 65 were below poverty

### In addition:

- **17.8% (+/- 1.0)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **8,782** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **137,145** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **3,030** people implemented a financial management strategy.
- **1,283** people increased their knowledge about healthy foods.
- **965** people reported eating more healthy foods.

## OUR COMMUNITY

In Jefferson County:

- **66.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **51.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **1107** primary care physicians in Jefferson County:<sup>9</sup>

- **22.1%** are family practice
- **22.9%** are pediatricians
- **13.3%** are OB/GYN

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

- **521** people are involved in addressing community issues.
- **3,030** people increased awareness of how to manage current economic events.
- **3,104** people were able to utilize new decision-making skills for health.

## OUR HEALTH

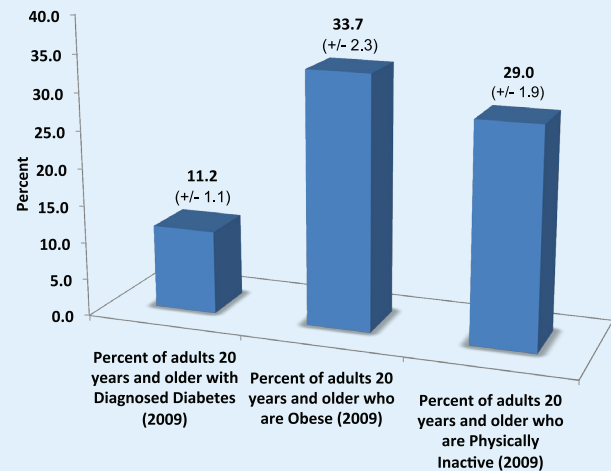
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Jefferson County:

- **14.3% (11.9 - 17.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **17.7% (15.4 - 20.2)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **43.4% (40.1 - 46.8)** of adults reported having received a flu vaccine in the past year

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

- **2,020** people increased knowledge of diet and exercise changes to improve health.
- **271** people made diet or exercise changes to improve health.
- **1,200** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## Health Snapshot: Jefferson 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>