

## KENTON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

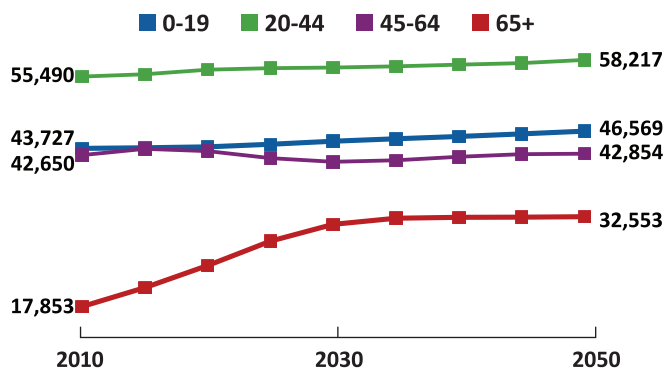
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Kenton County. To help families make wise decisions our educational programs focus on:

- **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 **72,739** contacts with Kenton County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## ACCESSING LOCALLY GROWN FRUITS AND VEGETABLES

Locally grown produce can provide important access to fresh fruit and vegetables for a healthy diet. With that in mind, the Kenton County Cooperative Extension Service's Family and Consumer Sciences professionals designed a monthly newsletter called "Pick of the Patch." Each edition of the newsletter was designed to feature three seasonal locally grown fruits and vegetables with recipes and information about selecting and preserving produce and news from three farmers markets in Kenton. The newsletters were sent to 91 adults. An evaluation returned by 29 recipients resulted in 83 percent reported trying at least one of the featured fruits or vegetables for the first time or trying the featured recipe. Sixty-six percent said that, as a result of receiving the newsletter, they were eating more fruits and vegetables.



## OUR FAMILIES

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



- **13.4% (+/- 1.4)** families with related children were below poverty
- **7.5% (+/- 1.2)** of those over the age of 65 were below poverty

### In addition:

- **16.8% (+/- 1.4)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **1,513** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **23,149** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **533** people implemented a financial management strategy.
- **522** people increased their knowledge about healthy foods.
- **405** people reported eating more healthy foods.

## OUR COMMUNITY

In Kenton County:

- **61.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **57.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **183** primary care physicians in Kenton County:<sup>9</sup>

- **44.3%** are family practice
- **23.5%** are pediatricians
- **12.0%** are OB/GYN

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

- **200** people reported following proper food safety practices.
- **772** people increased awareness of how to manage current economic events.
- **1,716** people were able to utilize new decision-making skills for health.

## OUR HEALTH

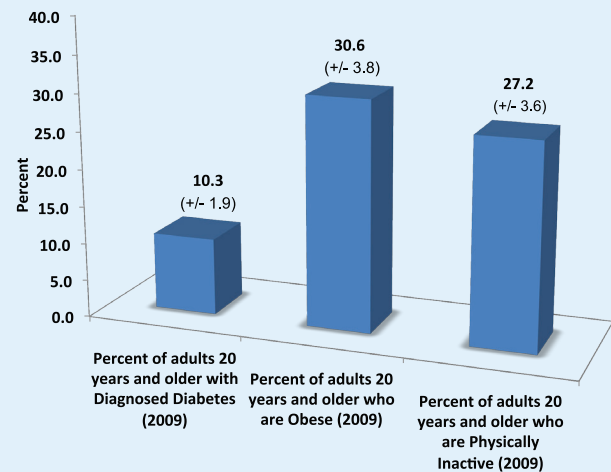
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Kenton County:

- **14.1% (10.3 - 19.0)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **15.8% (12.3 - 20.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **45.0% (39.3 - 50.9)** of adults reported having received a flu vaccine in the past year

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

- **400** people increased knowledge of diet and exercise changes to improve health.
- **150** people made diet or exercise changes to improve health.
- **117** people reported eating more healthy foods.

## Health Snapshot: Kenton 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>