

COMMONWEALTH OF KENTUCKY

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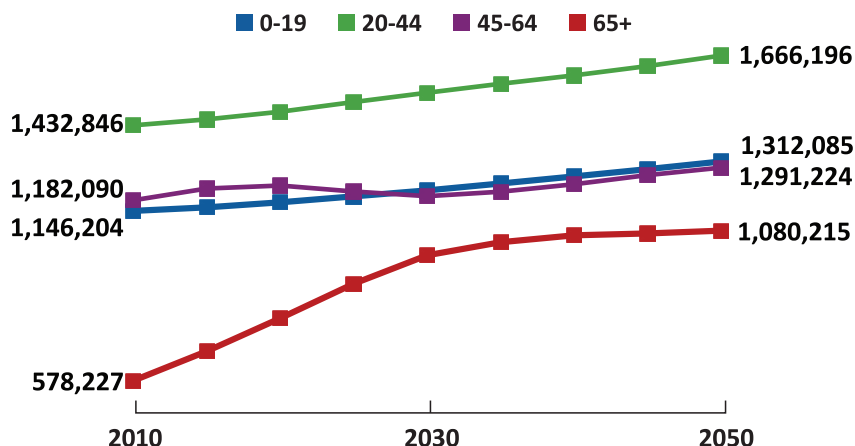
2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR PEOPLE

Population projections by age group for Kentucky¹



OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Kentucky. 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 **818,326** contacts with Kentucky individuals and families.²

SPOTLIGHT ON ...

FEATURED PROGRAMS

During 2011-2012, Family and Consumer Sciences Extension collected detailed impact data for three specific programs. The following outcomes were documented through these programs: 30% of participants in "Taking Ownership of your Diabetes" program implemented at least 3 healthy eating practices to help address their diabetes Through the "Managing in Tough Times" financial program 10,161 families set at least one specific savings or wealth-related goal. As a result of the "Stand Up to Falling" program 1,324 older adults understand how to reduce the risk of falling, 994 know how to safely get up from a fall and 898 plan to make changes in their home to reduce their risk of falling.



OUR FAMILIES

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



- **20.8% (+/- 0.4)** families with related children were below poverty
- **12.7% (+/- 0.3)** of those over the age of 65 were below poverty

In addition:

- **20.4% (+/- 0.5)** of those ages 18-64 did not have health insurance in 2010⁴
- **65,342** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **853,820** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

As a result of participating in Kentucky Extension programs:²

- **30,146** people reported spending time in physical activity.
- **184,028** people increased their knowledge about healthy foods.
- **64,277** people reported eating more healthy foods.

OUR COMMUNITY

In Kentucky:

- **64.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **58.0%** of ordered child support was collected in 2011⁸

Of the **4,241** primary care physicians in Kentucky:⁹

- **36.5%** are family practice
- **16.7%** are pediatricians
- **11.6%** are OB/GYN

As a result of participating in Kentucky Extension programs:²

- **35,893** people are involved in addressing community issues.
- **28,817** people made food safety changes to improve health.
- **180,155** people were able to utilize new decision-making skills for health.

OUR HEALTH

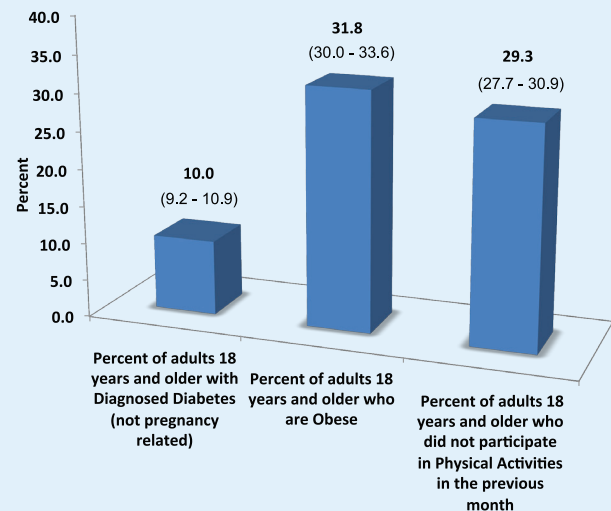
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Kentucky:

- **18.0% (17.0 - 18.6)** did not pursue health care due to cost
- **23.0% (22.0 - 23.6)** of adults reported their health status as less than good
- **30.0% (29.2 - 31.1)** of adults reported having received a flu vaccine in the past year

As a result of participating in Kentucky Extension programs:²

- **175,993** people increased knowledge of diet and exercise changes to improve health.
- **50,162** people made diet or exercise changes to improve health.
- **45,754** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Kentucky¹¹



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 and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey Data, 2010.

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