

KNOTT COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

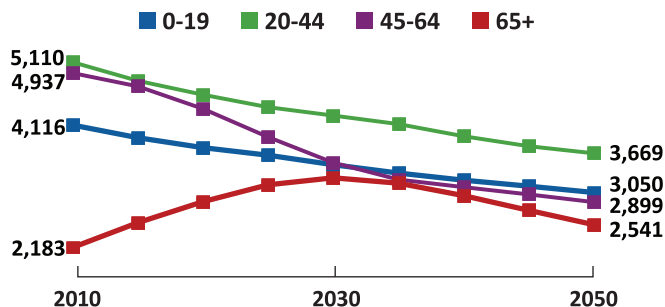
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Knott County. To help families make wise decisions our educational programs focus on:

- **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 **29,435** contacts with Knott County individuals and families.²

OUR PEOPLE

Population projections by age group for Knott County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

Knott County ranks 107 out of 120 counties for poor health according to the "2012 County Health Rankings and Roadmaps." To proactively impact these health factors, the Knott County Cooperative Extension Service assists schools and community groups by providing nutrition and wellness education programs. Through these programs, 4,592 families were reached with information concerning accessing healthy foods. Of those families, 1,163 reported understanding the benefits of physical activity and 2,731 reported gaining knowledge about eating healthy foods. Additionally, 575 individuals made lifestyle changes for the purpose of improving their health; 979 made a change to improve their personal health; 1,228 experienced a change in safe food handling practices; 953 implemented the recommended changes regarding safe food handling practices; and 253 individuals reported implementing personal health protections practices.



OUR FAMILIES

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



- **29.6% (+/- 6.5)** families with related children were below poverty
- **15.6% (+/- 4.8)** of those over the age of 65 were below poverty

In addition:

- **22.7% (+/- 2.2)** of those ages 18-64 did not have health insurance in 2010⁴
- **356** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **5,501** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **187** people reported spending time in physical activity.
- **2,738** people increased their knowledge about healthy foods.
- **582** people reported eating more healthy foods.

OUR COMMUNITY

In Knott County:

- **54.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **51.0%** of ordered child support was collected in 2011⁸

Of the **5** primary care physicians in Knott County:⁹

- **60.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **316** people are involved in addressing community issues.
- **188** people increased awareness of how to manage current economic events.
- **1,414** people were able to utilize new decision-making skills for health.

OUR HEALTH

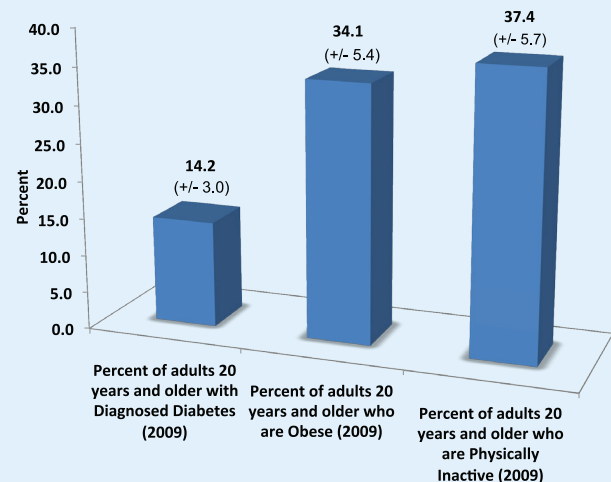
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Knott County:

- **15.2% (10.4 - 21.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **34.9% (27.9 - 42.6)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **35.3% (28.3 - 42.9)** of adults reported having received a flu vaccine in the past year

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

- **2,656** people increased knowledge of diet and exercise changes to improve health.
- **580** people made diet or exercise changes to improve health.
- **981** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Knott 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 Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

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