

LEE COUNTY

Crystal Osborne,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

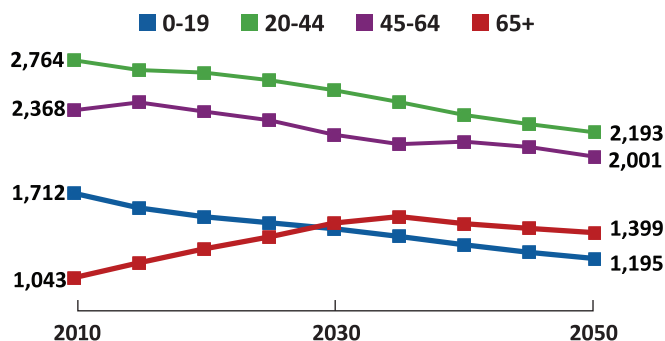
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lee County. To help families make wise decisions our educational programs focus on:

- **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 **13,709** contacts with Lee County individuals and families.²

OUR PEOPLE

Population projections by age group for Lee County¹



SPOTLIGHT ON ...

PLATE IT UP! KENTUCKY PROUD

Lee County is ranked one of the least healthy counties in the state of Kentucky. The Lee County Cooperative Extension Service used UK's Plate it Up! Kentucky Proud program to encourage families to purchase, prepare, and consume locally grown products. Each week, extension was represented at the local Farmers Market, distributing samples and resources from Plate It Up recipes. By consuming more locally grown produce, individuals can increase their healthy eating. There were 40 individuals who visited the Plate it Up recipe tasting each week. Evaluation data indicated that 60 percent of participants tried the recipes at home, 54 percent of participants said they would not have prepared the recipe if they had not tried the sample, and 86 percent of participants purchases were influenced by the taste testing.



OUR FAMILIES

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



- **43.2% (+/- 10.6)** families with related children were below poverty
- **19.6% (+/- 9.6)** of those over the age of 65 were below poverty

In addition:

- **25.8% (+/- 2.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **194** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **3,082** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **582** people were reached with the importance of physical activity.
- **168** people increased their knowledge about healthy foods.
- **183** people reported eating more healthy foods.

OUR COMMUNITY

In Lee County:

- **45.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **31.0%** of ordered child support was collected in 2011⁸

Of the **3** primary care physicians in Lee County:⁹

- **100.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **98** people are involved in addressing community issues.
- **148** people implemented personal health protection practices.
- **125** people were able to utilize new decision-making skills for health.

OUR HEALTH

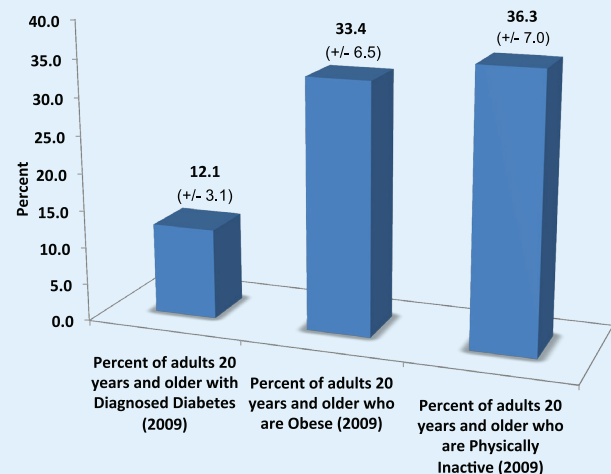
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Lee County:

- **21.0% (12.3 - 33.6)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **38.1% (27.3 - 50.2)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **21.3% (14.1 - 30.8)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Lee 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>