

## LETCHER COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

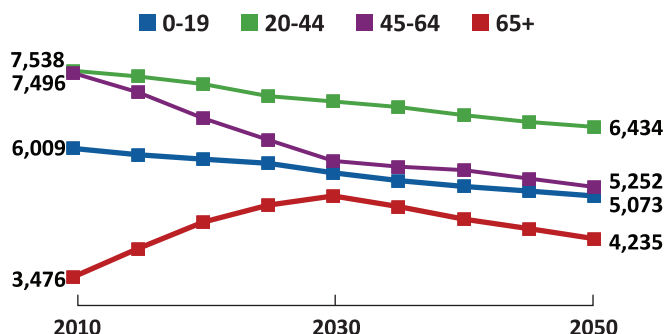
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Letcher County. To help families make wise decisions our educational programs focus on:

- **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 **1,534** contacts with Letcher County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HEALTHY MOTHERS, HEALTHY BABIES

When an expectant mother receives proper nutrition and is healthy overall, she is likely to have a smoother pregnancy and a healthier baby. Spreading this message was the goal behind two baby fairs held in June 2012. The first was held in Hazard, primarily reaching expectant moms, moms of infants up to 2 years old, and caregivers from Perry and Leslie counties. The second was held in Whitesburg for the same target groups but this time from Letcher County. Fifteen agencies participated with Cooperative Extension Service agents, providing free information and publications on how they can support the mothers and families of young children. A total of 85 mothers and expectant mothers participated, along with some fathers and caregivers.



## OUR FAMILIES

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



- **30.1% (+/- 6.3)** families with related children were below poverty
- **21.0% (+/- 4.9)** of those over the age of 65 were below poverty

### In addition:

- **23.3% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **492** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **7,589** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **1,508** people were reached with the importance of physical activity.
- **1,512** people increased their knowledge about healthy foods.
- **505** people reported eating more healthy foods.

## OUR COMMUNITY

In Letcher County:

- **71.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **54.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **23** primary care physicians in Letcher County:<sup>9</sup>

- **34.8%** are family practice
- **17.4%** are pediatricians
- **4.3%** are OB/GYN

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

- **1,218** people are involved in addressing community issues.
- **312** people reported accessing healthy community food sources such as farmers markets or food pantry.
- **796** people were reached to build skills for personal health and safety.

## OUR HEALTH

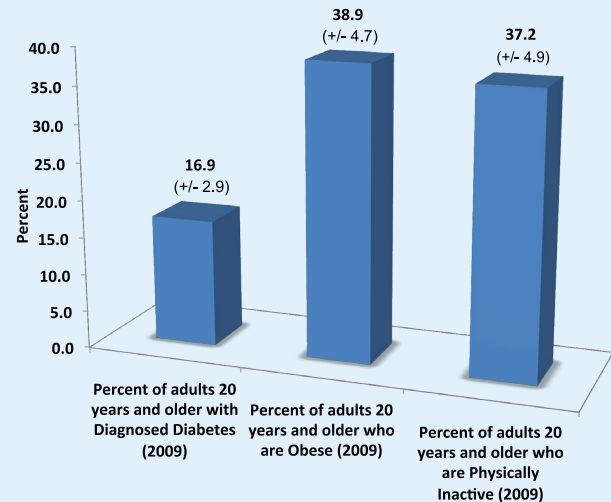
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Letcher County:

- **23.7% (18.1 - 30.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **31.2% (25.1 - 37.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **36.4% (29.9 - 43.3)** of adults reported having received a flu vaccine in the past year

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

- **428** youth reported eating more healthy foods.
- **1,510** people reported eating healthy foods they produced or preserved.
- **455** people experienced a change in knowledge about eating more healthy foods.

### Health Snapshot: Letcher 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>