

LIVINGSTON COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

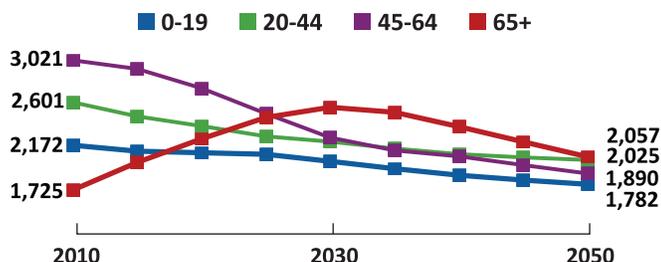
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Livingston County. To help families make wise decisions our educational programs focus on:

- **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 **13,453** contacts with Livingston County individuals and families.²

OUR PEOPLE

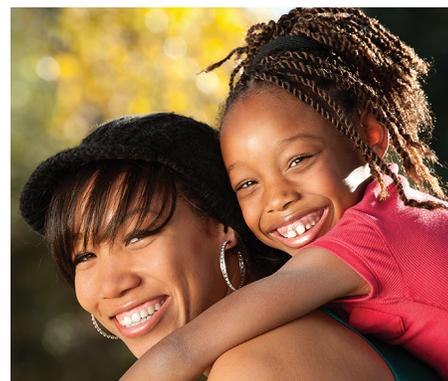
Population projections by age group for Livingston County¹



SPOTLIGHT ON ...

4 O'CLOCK WALKING CLUB

As the obesity rate in Kentucky continues to increase (90 percent over the past 15 years), the problems associated with it threatens the quality and years of life of Kentuckians. Obese individuals are at increased risk for many chronic health conditions, including type II diabetes, heart disease, stroke, and some types of cancers. Part of the problem is lack of leisure-time physical activity; 30 percent of Kentuckians report no leisure-time physical activity. To address this problem, the Livingston County Cooperative Extension Service's Family and Consumer Sciences agent instituted the 4 O'clock Walking Club at the extension facilities. Residents were invited to join by walking measured laps around the parking lot three times a week or more. Seventeen participants walked laps equal to 171 miles in an eight-week period.



OUR FAMILIES

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



- **13.4% (+/- 5.6)** families with related children were below poverty
- **14.6% (+/- 6.1)** of those over the age of 65 were below poverty

In addition:

- **19.4% (+/- 1.9)** of those ages 18-64 did not have health insurance in 2010⁴
- **146** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **1,652** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **60** people increased knowledge of safe storage, handling and food preparation.
- **25** people increased their knowledge about healthy foods.
- **30** people reported eating more healthy foods.

OUR COMMUNITY

In Livingston County:

- **84.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **66.0%** of ordered child support was collected in 2011⁸

Of the **6** primary care physicians in Livingston County:⁹

- **66.7%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **40** people are involved in addressing community issues.
- **112** people changed personal practices to increase safety.
- **7** people were able to utilize new decision-making skills for health.

OUR HEALTH

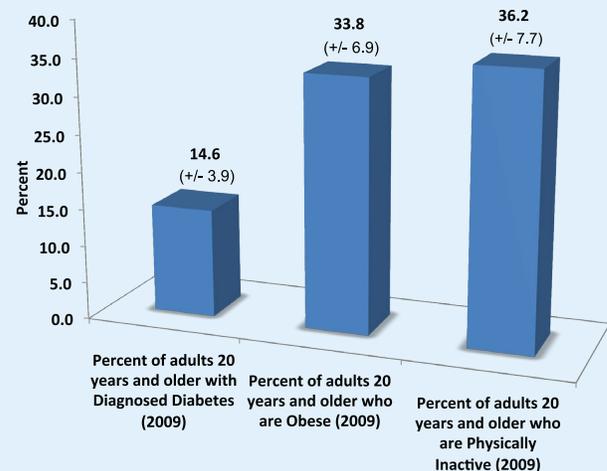
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Livingston County:

- **11.5% (6.0 - 20.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **27.1% (17.4 - 39.7)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **43.2% (30.1 - 57.3)** of adults reported having received a flu vaccine in the past year

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

- **50** people increased knowledge of diet and exercise changes to improve health.
- **12** people implemented personal health protection practices.
- **60** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Livingston 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>