

LOGAN COUNTY

Rachel Hance,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

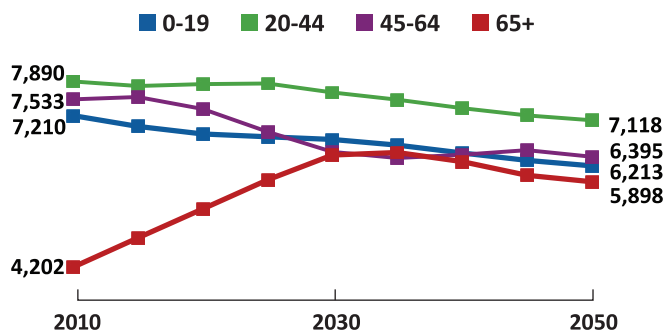
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Logan County. To help families make wise decisions our educational programs focus on:

- **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 **3,147** contacts with Logan County individuals and families.²

OUR PEOPLE

Population projections by age group for Logan County¹



SPOTLIGHT ON ...

LOST IT LOGAN COUNTY

According to the Kentucky Institute of Medicine, 33% of adults in Logan County are obese and lacking physical activity. To address this need Logan County Extension Agents for Family and Consumer Sciences and 4-H Youth Development promoted Lose It Logan County, a weight loss/physical activity program. It is a 12-week exercise and weight management program. Thirty-six participants completed the program. Program results included 117 total pounds lost; 57 total inches decreased; 19 of 36 participants reduced their waist size; and 3 of 36 participants lost 5% or more of their original weight. Participants noted increased awareness of food choices, adoption of more portion control in their diet, a significant increase in energy and flexibility and visible improvement in their body image.



OUR FAMILIES

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



- **19.2% (+/- 5.4)** families with related children were below poverty
- **13.8% (+/- 2.7)** of those over the age of 65 were below poverty

In addition:

- **22.5% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **435** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **5,126** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **15** people reported spending time in physical activity.
- **105** people increased their knowledge about healthy foods.
- **85** people reported eating more healthy foods.

OUR COMMUNITY

In Logan County:

- **53.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **62.0%** of ordered child support was collected in 2011⁸

Of the **12** primary care physicians in Logan County:⁹

- **41.7%** are family practice
- **16.7%** are pediatricians
- **0.0%** are OB/GYN

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

- **450** people are involved in addressing community issues.
- **20** people increased knowledge of economic development.
- **70** people increased knowledge of governmental processes.

OUR HEALTH

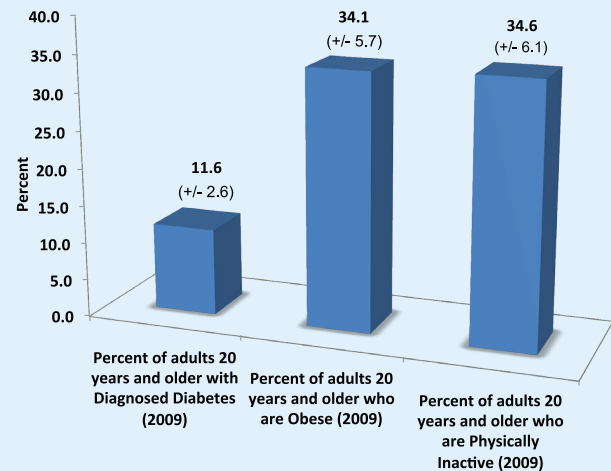
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Logan County:

- **11.1% (6.2 - 18.9)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **25.7% (18.1 - 35.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **39.8% (30.0 - 50.6)** of adults reported having received a flu vaccine in the past year

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

- **65** people supplemented their diet with food they produced or preserved.
- **50** people implemented practices to make food more accessible or affordable.
- **50** people utilized healthy food access points and delivery systems.

Health Snapshot: Logan 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>