

## McCRACKEN COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

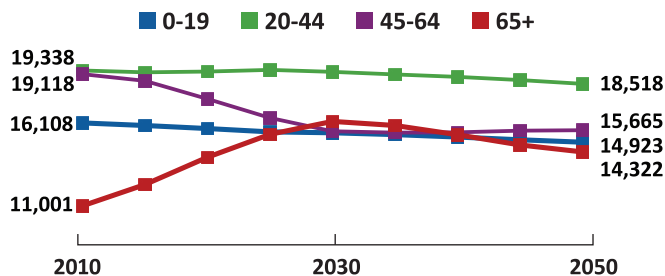
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McCracken County. To help families make wise decisions our educational programs focus on:

- **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 **29,881** contacts with McCracken County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## DECREASING WEIGHT FOR GOOD HEALTH

Kentucky has the seventh-highest rate of adult obesity in the nation. The Kentucky Institute of Medicine reported that McCracken County is ranked 27th in the state in a comparative assessment of health risk compared to the other counties. To reduce risk of deaths due to cardiovascular disease, Weight the Reality Series, an eight-week class that teaches behavior change, including portion control and healthy choices, was offered to the community. Twenty-two people enrolled in the eight-week challenge to get the support, education, and accountability needed to get on the road to weight loss and increased activity levels. At the conclusion of the program: A total of 72.2 pounds were lost by the group and average weight loss of the class was 3.45 percent of body weight.



## OUR FAMILIES

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



- **20.1% (+/- 3.3)** families with related children were below poverty
- **10.3% (+/- 1.9)** of those over the age of 65 were below poverty

### In addition:

- **17.8% (+/- 1.6)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **811** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **11,510** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **168** people reported spending time in physical activity.
- **1,200** people increased their knowledge about healthy foods.
- **600** people reported eating more healthy foods.

## OUR COMMUNITY

In McCracken County:

- **86.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **58.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **68** primary care physicians in McCracken County:<sup>9</sup>

- **35.3%** are family practice
- **10.3%** are pediatricians
- **17.6%** are OB/GYN

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

- **403** people are involved in addressing community issues.
- **238** people increased awareness of how to manage current economic events.
- **1,100** people were able to utilize new decision-making skills for health.

## OUR HEALTH

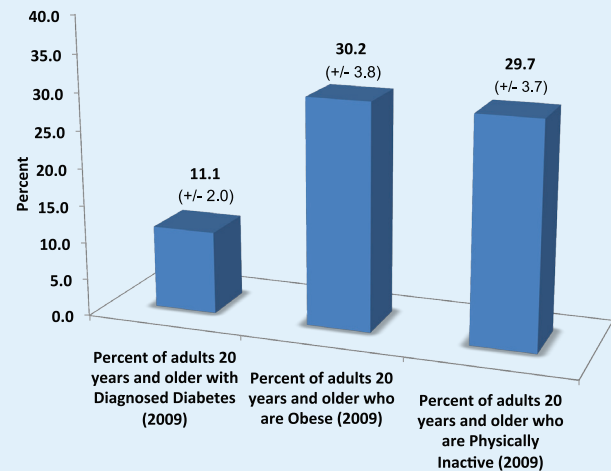
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in McCracken County:

- **13.6% (9.4 - 19.3)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **20.0% (15.4 - 25.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **38.6% (33.2 - 44.3)** of adults reported having received a flu vaccine in the past year

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

- **1,200** people increased knowledge of diet and exercise changes to improve health.
- **140** people made diet or exercise changes to improve health.
- **397** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: McCracken 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>