

## McLEAN COUNTY

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2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

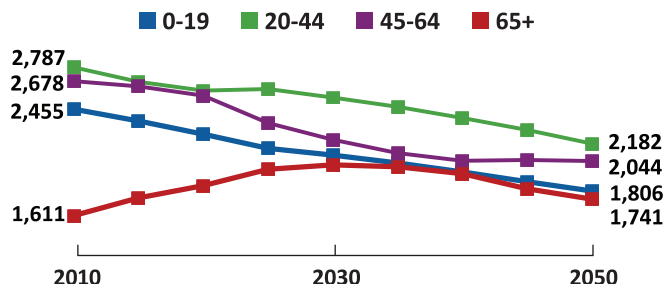
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McLean County. To help families make wise decisions our educational programs focus on:

- **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 **11,101** contacts with McLean County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HEALTHY LIVING SERIES

One of the top three New Year's resolutions each year is to lose weight. Beginning in March and running through May, McLean County Family and Consumer Sciences agent and county health partners hosted an eight week healthy living series for local residents. Topics of this series included healthy snacking, increasing dietary fiber, making healthy life style choices, healthy recipes, exercise routines and local exercise opportunities. Participants taste-tested healthy, easy, convenient snacks, including yogurt covered pretzels, protein bars, frozen yogurt, and fruit popsicles. Twenty participants began the program and nine participants completed at least twelve of the sixteen nights. At the end of the eight weeks the nine completers had a combined weight loss of 49.8 pounds.



## OUR FAMILIES

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



- **22.0% (+/- 6.2)** families with related children were below poverty
- **12.7% (+/- 4.2)** of those over the age of 65 were below poverty

### In addition:

- **21.4% (+/- 1.9)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **186** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **1,710** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **178** people reported spending time in physical activity.
- **700** people increased their knowledge about healthy foods.
- **593** people reported eating more healthy foods.

## OUR COMMUNITY

In McLean County:

- **59.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **72.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **1** primary care physicians in McLean County:<sup>9</sup>

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

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

- **101** people experienced a change in knowledge of healthy food safety practices.
- **75** people implemented personal health protection practices.
- **229** people were able to utilize new decision-making skills for health.

## OUR HEALTH

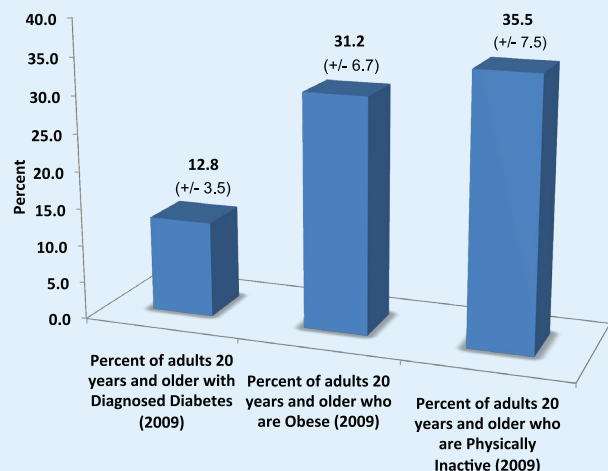
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in McLean County:

- **11.4% (5.6 - 21.9)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **27.7% (17.9 - 40.1)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **48.8% (35.8 - 62.0)** of adults reported having received a flu vaccine in the past year

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

- **130** people increased knowledge of diet and exercise changes to improve health.
- **42** people made food safety changes to improve health.
- **50** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

## Health Snapshot: McLean 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>