

MONTGOMERY COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

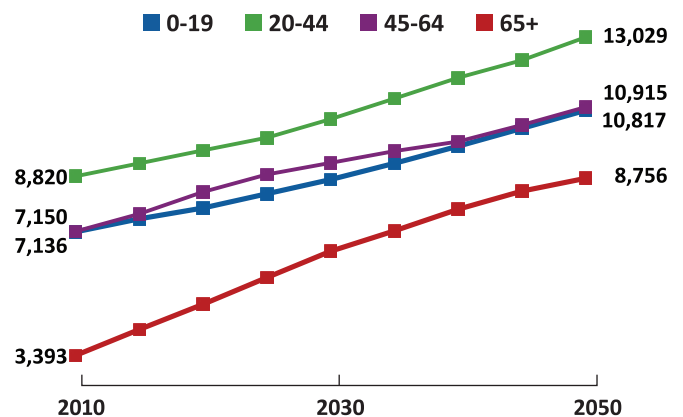
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Montgomery County. To help families make wise decisions our educational programs focus on:

- **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 **23,143** contacts with Montgomery County individuals and families.²

OUR PEOPLE

Population projections by age group for Montgomery County¹



SPOTLIGHT ON ...

MONTGOMERY IN MOTION

The Center for Disease Control lists Kentucky as one of the least active states. This inactivity contributes to a number of health problems. To combat these problems, the Montgomery County Cooperative Extension Service organized Montgomery In Motion Coalition. Through the coalition \$97,900 was secured to pave a new walking and biking trail downtown Mt. Sterling. As part of the dedication of the new trail, a physical activity day was held with 125 students attending and exercising during group activities. Mayor Gary Williamson says, "the Adena Trail is an important addition to our community's built environment and adds to the opportunities for families to exercise together to promote better health and stronger families."



OUR FAMILIES

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



- **26.5% (+/- 5.2)** families with related children were below poverty
- **16.8% (+/- 4.2)** of those over the age of 65 were below poverty

In addition:

- **21.7% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **516** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **6,329** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **103** people reported spending time in physical activity.
- **7,500** people increased their knowledge about healthy foods.
- **420** people reported eating more healthy foods.

OUR COMMUNITY

In Montgomery County:

- **77.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **53.0%** of ordered child support was collected in 2011⁸

Of the **18** primary care physicians in Montgomery County:⁹

- **33.3%** are family practice
- **5.6%** are pediatricians
- **11.1%** are OB/GYN

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

- **246** people are involved in addressing community issues.
- **428** people increased awareness of how to manage current economic events.
- **734** people were able to utilize new decision-making skills for health.

OUR HEALTH

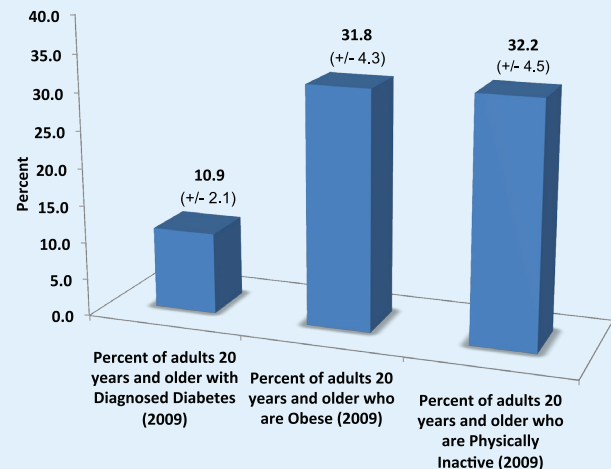
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Montgomery County:

- **13.3% (9.3 - 18.6)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **24.7% (19.7 - 30.4)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **54.1% (47.1 - 61.0)** of adults reported having received a flu vaccine in the past year

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

- **660** people increased knowledge of diet and exercise changes to improve health.
- **753** people made diet or exercise changes to improve health.
- **81** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Montgomery 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>