

OHIO COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

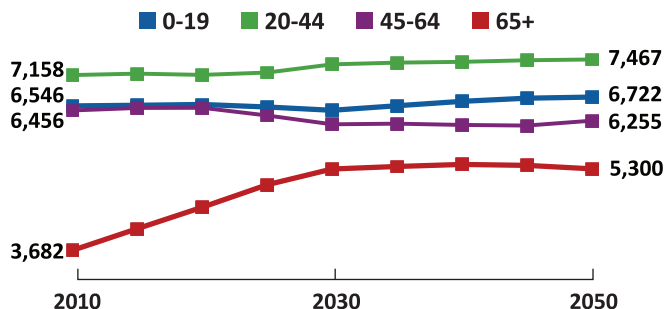
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Ohio County. To help families make wise decisions our educational programs focus on:

- **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 **3,560** contacts with Ohio County individuals and families.²

OUR PEOPLE

Population projections by age group for Ohio County¹



SPOTLIGHT ON ...

FOCUS ON MYPLATE

Kentucky ranks third in the nation with the highest number of overweight children. Currently, approximately 15% of 6 to 19 year olds are overweight with an additional 15% potentially becoming obese adults. To address this concern, the Ohio County 4H Youth Development agent focused program efforts on helping youth make healthy lifestyle choices. Over 1000 fourth through 7th grade students were introduced to the new "My Plate" graphic through a power-point presentation and handouts at their regular 4-H Club meeting. The youth learned how to use MyPlate as a resource for eating a balanced diet; how to make healthier food choices by including eating the recommended amount of fruits and vegetables in their diet, and the importance of reducing fats and sugars in their diet.



OUR FAMILIES

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



- **23.4% (+/- 5.3)** families with related children were below poverty
- **14.2% (+/- 3.9)** of those over the age of 65 were below poverty

In addition:

- **21.9% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **415** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,784** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **110** people reported spending time in physical activity.
- **1,265** people increased their knowledge about healthy foods.
- **950** people reported eating more healthy foods.

OUR COMMUNITY

In Ohio County:

- **58.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **63.0%** of ordered child support was collected in 2011⁸

Of the **9** primary care physicians in Ohio County:⁹

- **77.8%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **353** people are involved in addressing community issues.
- **1,426** people demonstrated informed and effective decision making.
- **1,426** people were able to utilize new decision-making skills for health.

OUR HEALTH

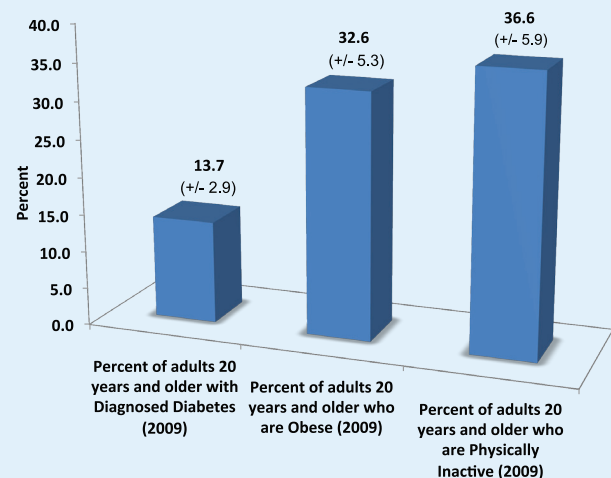
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Ohio County:

- **16.0% (9.6 - 25.6)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **25.7% (18.4 - 34.7)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **38.6% (29.2 - 48.8)** of adults reported having received a flu vaccine in the past year

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

- **3,386** people increased knowledge of diet and exercise changes to improve health.
- **197** people made diet or exercise changes to improve health.
- **236** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Ohio 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>