

PENDLETON COUNTY

Kenna Knight,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

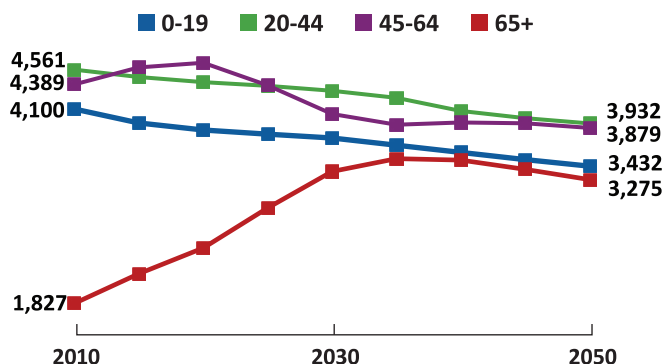
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Pendleton County. To help families make wise decisions our educational programs focus on:

- **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 **23,685** contacts with Pendleton County individuals and families.²

OUR PEOPLE

Population projections by age group for Pendleton County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

According to an article in the Louisville Courier Journal in September 2010, obesity is blamed for 300,000 deaths and \$147 billion in health care costs each year in Kentucky. The Pendleton County Extension Service, in collaboration with other partners, presented a program called “Waist Management” to take steps to help individuals make healthier lifestyle choices. During the course of an eight-week weight loss challenge, the following was reported: A total of 45 individuals participated in the program; a total of 193 pounds were lost; with the largest percentage of weight loss for an individual 13.46 percent. During the program: pre- and post-blood screenings and tests for chronic health conditions were completed; 61 percent reported a positive change in screenings.



OUR FAMILIES

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



- **24.3% (+/- 5.5)** families with related children were below poverty
- **10.9% (+/- 4.0)** of those over the age of 65 were below poverty

In addition:

- **20.8% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010⁴
- **201** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,985** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **750** people reported spending time in physical activity.
- **1,500** people increased their knowledge about healthy foods.
- **750** people reported eating more healthy foods.

OUR COMMUNITY

In Pendleton County:

- **64.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **66.0%** of ordered child support was collected in 2011⁸

Of the **3** primary care physicians in Pendleton County:⁹

- **66.7%** are family practice
- **33.3%** are pediatricians
- **0.0%** are OB/GYN

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

- **525** people are involved in addressing community issues.
- **200** people increased awareness of how to manage current economic events.
- **2,095** people were able to utilize new decision-making skills for health.

OUR HEALTH

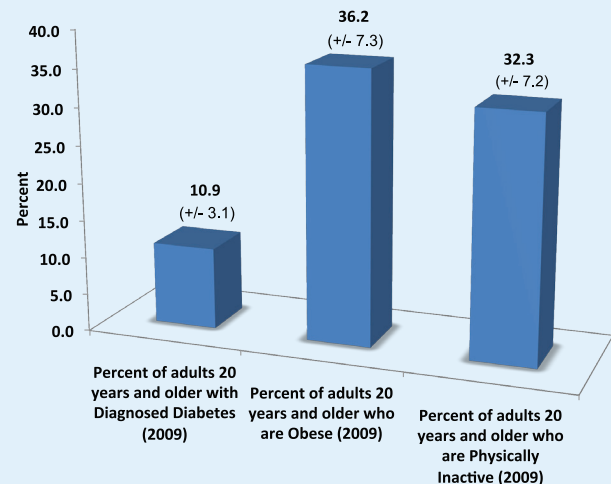
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Pendleton County:

- **15.8% (7.5 - 30.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **31.2% (18.9 - 46.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **26.9% (17.3 - 39.3)** of adults reported having received a flu vaccine in the past year

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

- **7,091** people increased knowledge of diet and exercise changes to improve health.
- **2,175** people made diet or exercise changes to improve health.
- **2,665** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Pendleton 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>