

PULASKI COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

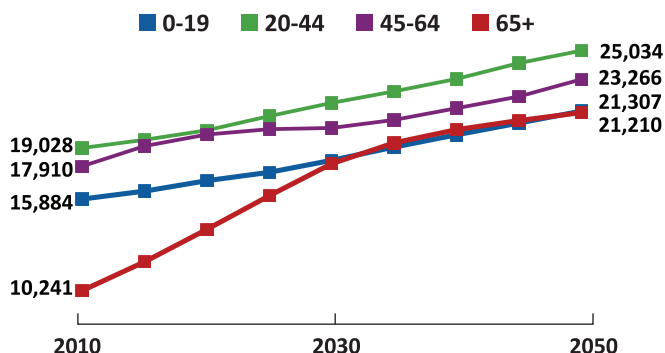
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Pulaski County. To help families make wise decisions our educational programs focus on:

- **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 **25,340** contacts with Pulaski County individuals and families.²

OUR PEOPLE

Population projections by age group for Pulaski County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

The Pulaski County Cooperative Extension Service works with residents who need to lose weight, want to increase their physical activities, are living with diabetes, and want to make wiser food selections for themselves and their families. Plate It Up, Living Well with Diabetes, Small Steps to Health and Wealth, and Weight the Reality Series are programs that have been conducted in the county to increase awareness of daily nutritional needs and physical activities. Prior to these programs, less than 20 percent of our adult populations in Pulaski County were eating the recommended number of fruits and vegetable daily. From data received, 76 percent of the 118 clients enrolled in our nutrition programs showed an improvement in their daily selections of food choices after completing the program.



OUR FAMILIES

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



- **23.6% (+/- 3.4)** families with related children were below poverty
- **17.8% (+/- 2.5)** of those over the age of 65 were below poverty

In addition:

- **24.3% (+/- 2.0)** of those ages 18-64 did not have health insurance in 2010⁴
- **1,438** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **14,288** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **190** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **850** people increased their knowledge about healthy foods.
- **342** adopted practices to reduce debt or increase savings.

OUR COMMUNITY

In Pulaski County:

- **76.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **54.0%** of ordered child support was collected in 2011⁸

Of the **65** primary care physicians in Pulaski County:⁹

- **40.0%** are family practice
- **12.3%** are pediatricians
- **15.4%** are OB/GYN

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

- **550** people are involved in addressing community issues.
- **178** people increased awareness of how to manage current economic events.
- **1,750** people were able to utilize new decision-making skills for health.

OUR HEALTH

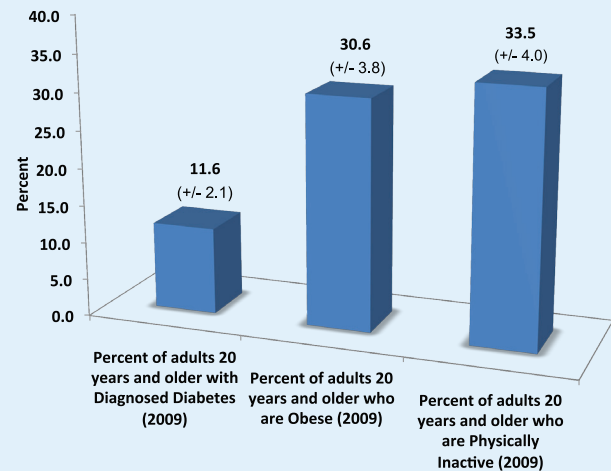
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Pulaski County:

- **23.9% (18.6 - 30.0)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **29.3% (24.3 - 35.0)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **38.2% (33.1 - 43.5)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Pulaski 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>