

ROCKCASTLE COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

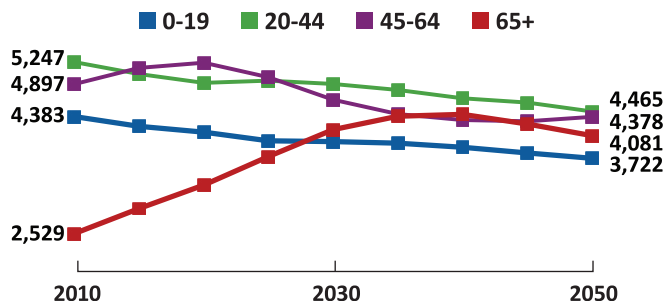
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Rockcastle County. To help families make wise decisions our educational programs focus on:

- **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 **21,632** contacts with Rockcastle County individuals and families.²

OUR PEOPLE

Population projections by age group for Rockcastle County¹



SPOTLIGHT ON ...

HIGH SCHOOL FRUIT AND VEGETABLE TASTING

To encourage teens to eat healthy, the Rockcastle Cooperative Extension Service staff cooperated with the Practical Living Teacher to host high school taste parties that featured a wide variety of fruits and vegetables during the lunch break. Each Tuesday for five weeks, students in the food preparation class prepared a food item with the main ingredients being either a fruit or vegetable. Then on Wednesday, each of the 800 students were given the opportunity to taste the food item during their lunch break. Results from surveys and from student responses showed that students preferred fruit dishes over vegetable dishes. The favorite food item for students was fruit salsa. Students were more likely to taste a new food if they had helped to prepare the food item.



OUR FAMILIES

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



- **27.7% (+/- 6.1)** families with related children were below poverty
- **29.2% (+/- 6.4)** of those over the age of 65 were below poverty

In addition:

- **24.1% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010⁴
- **294** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,832** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **215** people reported spending time in physical activity.
- **1,610** people increased their knowledge about healthy foods.
- **808** people reported eating more healthy foods.

OUR COMMUNITY

In Rockcastle County:

- **53.0%** 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 **10** primary care physicians in Rockcastle County:⁹

- **70.0%** are family practice
- **10.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **2,340** people were reached with the importance of physical activity.
- **1,380** people reported accessing healthy community food sources such as farmers market or food pantry.
- **290** people were able to utilize new decision-making skills for health.

OUR HEALTH

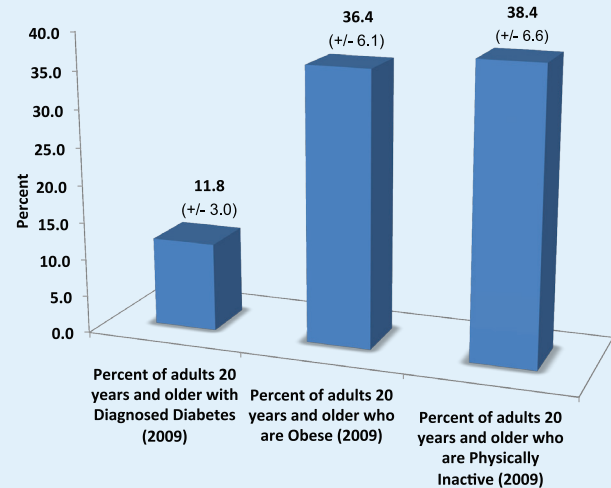
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Rockcastle County:

- **18.9% (10.8 - 31.0)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **28.1% (20.0 - 37.9)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **29.6% (21.8 - 38.8)** of adults reported having received a flu vaccine in the past year

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

- **1,116** people increased knowledge of diet and exercise changes to improve health.
- **200** people reported changing safety practices at home and play.
- **189** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Rockcastle 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>