

SHELBY COUNTY

Sheila Fawbush,
County Extension Agent, Family & Consumer Sciences

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BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

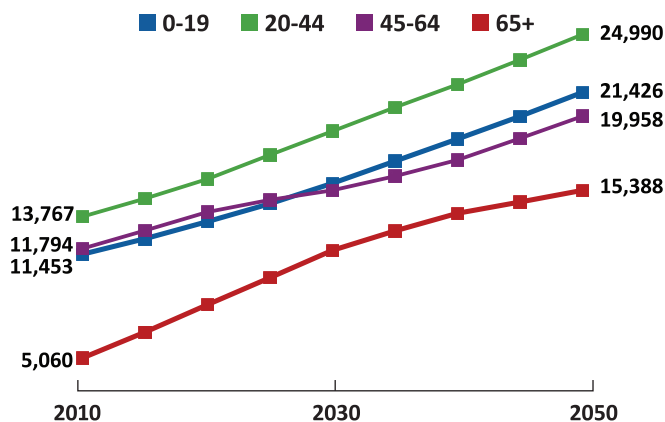
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Shelby County. To help families make wise decisions our educational programs focus on:

- **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 **27,728** contacts with Shelby County individuals and families.²

OUR PEOPLE

Population projections by age group for Shelby County¹



SPOTLIGHT ON ...

JUMP INTO FITNESS

Shelby County Cooperative Extension Service's staff presented a nutrition education program called Healthy Eating-Healthy You from the "Jump Into Fitness (JIFF)" curriculum. This program was presented in 31 classrooms for 747 fourth- and fifth-grade students, who were encouraged to eat breakfast, choose healthy snacks, eat at least five servings of fruits and vegetables per day, and choose healthy, low-sugar drinks. Following the presentation, each student wrote down one new nutrition fact to share with a family or friend. A follow-up study was conducted with 290 students. The study revealed: 92 percent of children ate breakfast each morning to have energy for the day; 76 percent chose healthy snacks to get adequate nutrition throughout the day; and 59 percent answered yes to eating five servings of fruits and vegetables a day.



OUR FAMILIES

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



- **14.2% (+/- 3.5)** families with related children were below poverty
- **7.5% (+/- 2.5)** of those over the age of 65 were below poverty

In addition:

- **20.9% (+/- 1.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **548** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **5,742** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **680** people were reached with the importance of physical activity.
- **180** people increased their knowledge about healthy foods.
- **93** people implemented personal health protection practices.

OUR COMMUNITY

In Shelby County:

- **56.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **59.0%** of ordered child support was collected in 2011⁸

Of the **22** primary care physicians in Shelby County:⁹

- **54.5%** are family practice
- **22.7%** are pediatricians
- **13.6%** are OB/GYN

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

- **148** people experienced a change in knowledge of healthy food safety practices.
- **123** people made food safety changes to improve health.
- **805** people were able to utilize new decision-making skills for health.

OUR HEALTH

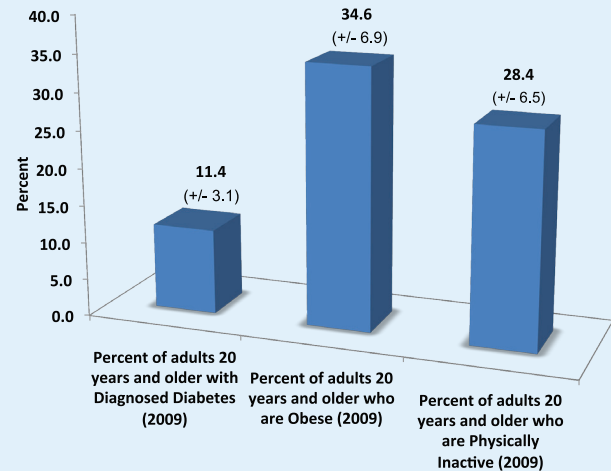
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Shelby County:

- **11.8% (5.3 - 24.1)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **14.7% (8.0 - 25.4)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **46.3% (32.9 - 60.4)** of adults reported having received a flu vaccine in the past year

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

- **2,769** people increased knowledge of diet and exercise changes to improve health.
- **923** people made diet or exercise changes to improve health.
- **289** people experienced a change in knowledge of healthy home practices and stress management.

Health Snapshot: Shelby 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>