

UNION COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

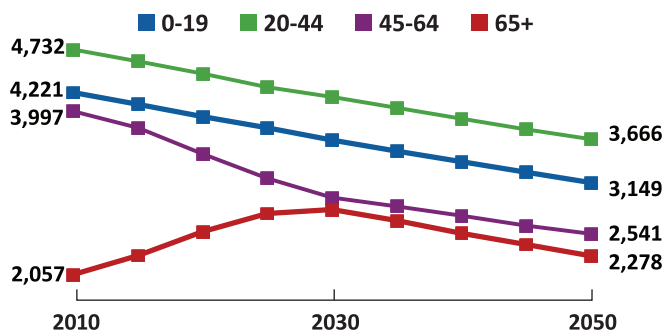
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Union County. To help families make wise decisions our educational programs focus on:

- **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 **3,355** contacts with Union County individuals and families.²

OUR PEOPLE

Population projections by age group for Union County¹



SPOTLIGHT ON ...

BECOMING HEART HEALTHY

Heat disease kills more women than men each year. The disease, largely preventable, kills about 460,000 women a year nationally. The Union County Cooperative Extension Service teamed up with the Union County Health Coalition to increase women's awareness and knowledge of their risk for heart disease through a "Heart Health Lunch and Learn" program. Eighty-four participants heard speakers Vicki O'Nan, a heart attack survivor, and Mary Ann Correll of the Green River District Health Department. A voluntary exit survey was completed by 73 of the 84 participants. The surveys indicated that because of the information they received from the program, more than 80 percent were willing and motivated to take better care of their hearts. Ninety-eight percent rated the luncheon as an overall success.



OUR FAMILIES

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



- **14.3% (+/- 4.1)** families with related children were below poverty
- **16.7% (+/- 5.0)** of those over the age of 65 were below poverty

In addition:

- **20.4% (+/- 2.1)** of those ages 18-64 did not have health insurance in 2010⁴
- **217** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,636** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **50** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **30** people increased their knowledge about healthy foods.
- **140** people made lifestyle changes to improve health.

OUR COMMUNITY

In Union County:

- **53.0%** 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 **7** primary care physicians in Union County:⁹

- **71.4%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **175** people reported changing safety practices at home and play.
- **45** people implemented personal health protection practices.
- **150** people were able to utilize new decision-making skills for health.

OUR HEALTH

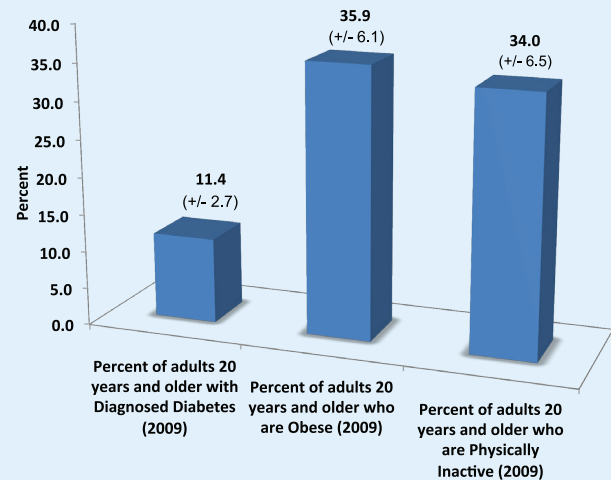
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Union County:

- **22.5% (12.4 - 37.4)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **22.5% (14.3 - 33.7)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **37.3% (26.8 - 49.2)** of adults reported having received a flu vaccine in the past year

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

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

Health Snapshot: Union 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>