

## WARREN COUNTY

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**2013**

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

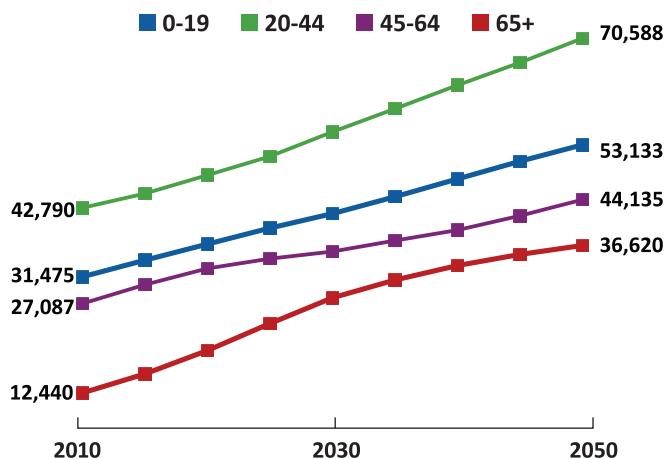
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Warren County. To help families make wise decisions our educational programs focus on:

- **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 **7,526** contacts with Warren County individuals and families.<sup>2</sup>

### OUR PEOPLE

Population projections by age group for Warren County<sup>1</sup>



### SPOTLIGHT ON ...

## INCREASING FRUIT AND VEGETABLE CONSUMPTION

**W**arren County's Farmers Market Summer Series was a program that focused on the consumption of fruits and vegetables. The program lasted for five months and focused on produce that was in peak season. There were 63 people who participated in the series. With the distribution of recipes and samples, this program resulted in families preparing more produce and consuming it in different ways. Stressing the importance of consuming five fruits and vegetables each day made people more aware of the food that they are eating. Eighty percent of the participants in the program prepared the distributed recipes at home, and 95 percent said that they have enjoyed more produce this year than ever before.



## OUR FAMILIES

According to the 2010 American Community Survey,<sup>3</sup> between 2006 and 2010 it is estimated that in Warren County:



- **19.9% (+/- 2.5)** families with related children were below poverty
- **8.0% (+/- 1.7)** of those over the age of 65 were below poverty

### In addition:

- **20.5% (+/- 1.8)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **1,608** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **19,524** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

### As a result of participating in Warren County Extension programs:<sup>2</sup>

- **100** people made lifestyle changes to improve health.
- **500** people increased their knowledge about healthy foods.
- **500** people reported eating more healthy foods.

## OUR COMMUNITY

In Warren County:

- **52.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **66.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **97** primary care physicians in Warren County:<sup>9</sup>

- **32.0%** are family practice
- **17.5%** are pediatricians
- **16.5%** are OB/GYN

### As a result of participating in Warren County Extension programs:<sup>2</sup>

- **230** people are involved in addressing community issues.
- **310** people were reached on the importance of physical activity.
- **1,740** people were able to utilize new decision-making skills for health.

## OUR HEALTH

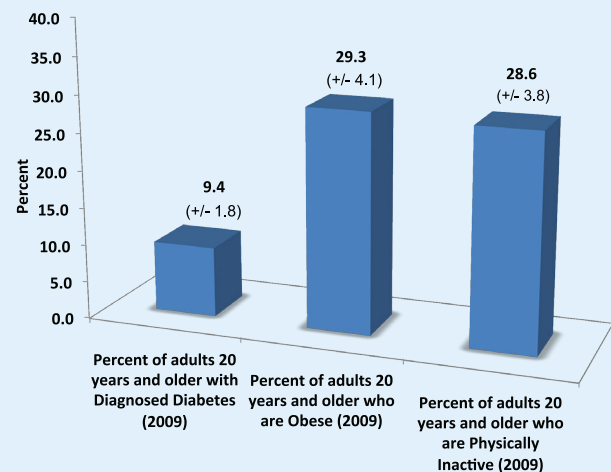
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Warren County:

- **14.3% (10.3 - 19.6)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **20.5% (16.0 - 25.8)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **40.3% (34.4 - 46.4)** of adults reported having received a flu vaccine in the past year

### As a result of participating in Warren County Extension programs:<sup>2</sup>

- **250** people increased knowledge of diet and exercise changes to improve health.
- **300** people made food safety changes to improve health.
- **200** people implemented personal health protection practices.

## Health Snapshot: Warren County<sup>11</sup>



### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2012
- <sup>3</sup> U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates
- <sup>4</sup> U.S. Census Bureau, Small Area Health Insurance Estimates
- <sup>5</sup> Kids Count Data Center, Kentucky Department for Medicaid Services
- <sup>6</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2012
- <sup>7</sup> Kids Count Data Center, Kentucky Cabinet for Health and Family Services
- <sup>8</sup> Kids Count Data Center, Kentucky Division of Child Support
- <sup>9</sup> Kentucky Health Facts, Kentucky Board of Medical Licensure
- <sup>10</sup> Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- <sup>11</sup> Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>