

## WHITLEY COUNTY

**Matti Daniels,**  
County Extension Agent, Family & Consumer Sciences

2013

# BUILDING STRONG FAMILIES FOR KENTUCKY



### OUR FOCUS

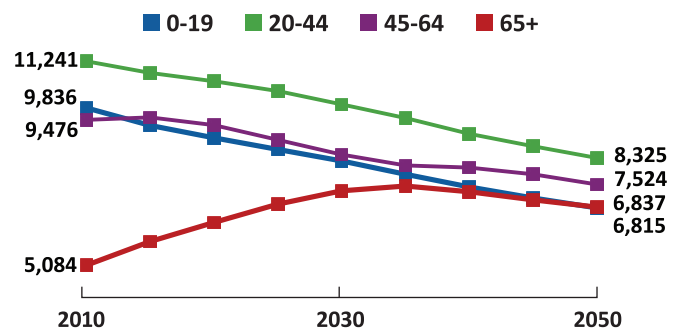
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Whitley County. To help families make wise decisions our educational programs focus on:

- **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 **12,102** contacts with Whitley County individuals and families.<sup>2</sup>

### OUR PEOPLE

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



### SPOTLIGHT ON ...

## HIKING FOR HEALTH

According to a study conducted by Zaradic and Pergams, Americans' nature activities - including backpacking and hiking - have decreased 18 to 25 percent since 1991, a fact that could have an immediate impact on obesity rates. With this in mind, the Whitley County Cooperative Extension Service Hiking Series has sought to give individuals and families an increased opportunity to experience natural areas and to incorporate nature-based physical activities into their lifestyles on the first Thursday and Friday of each month. Thursday hikes were kept below 2 miles and typically concluded by noon; Friday hikes were more challenging and included excursions up to 6 miles. Teenagers from the county's theater camp traveled along on a hike and performed a skit centered on the historical significance of the trail.



## OUR FAMILIES

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



- **30.3% (+/- 4.2)** families with related children were below poverty
- **20.5% (+/- 5.0)** of those over the age of 65 were below poverty

### In addition:

- **24.8% (+/- 2.3)** of those ages 18-64 did not have health insurance in 2010<sup>4</sup>
- **913** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010<sup>5</sup>
- **12,504** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012<sup>6</sup>

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

- **169** people reported spending time in physical activity.
- **336** people increased their knowledge about healthy foods.
- **157** people reported eating more healthy foods.

## OUR COMMUNITY

In Whitley County:

- **59.0%** of births were to mothers who received early and regular prenatal care in 2009<sup>7</sup>
- **44.0%** of ordered child support was collected in 2011<sup>8</sup>

Of the **49** primary care physicians in Whitley County:<sup>9</sup>

- **46.9%** are family practice
- **10.2%** are pediatricians
- **14.3%** are OB/GYN

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

- **633** people made lifestyle changes to improve health.
- **265** people implemented personal health protection practices.
- **47** people were able to utilize new decision-making skills for health.

## OUR HEALTH

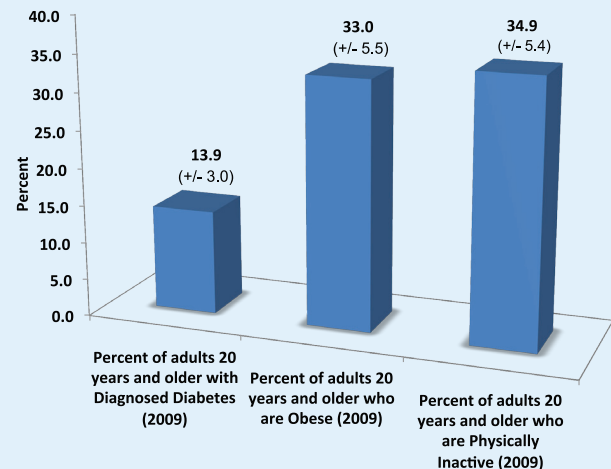
According to Kentucky Health Facts,<sup>10</sup> between 2008 and 2010 in Whitley County:

- **25.7% (18.2 - 34.8)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **26.6% (19.9 - 34.6)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **37.1% (29.1 - 45.8)** of adults reported having received a flu vaccine in the past year

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

- **30** people in Taking Ownership of Your Diabetes utilized a diabetes meal plan.
- **292** people reported changing safety practices at home and play.
- **393** people experienced a change in knowledge of healthy home practices and stress management.

## Health Snapshot: Whitley 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>