

WOODFORD COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

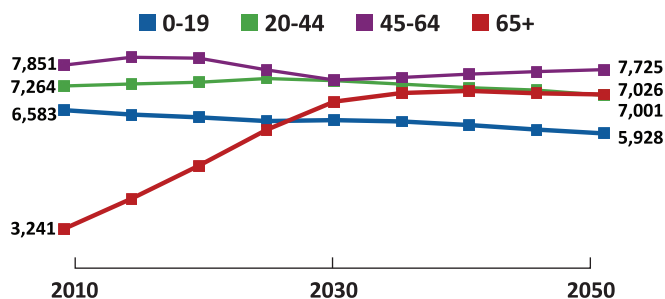
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Woodford County. To help families make wise decisions our educational programs focus on:

- **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 **5,573** contacts with Woodford County individuals and families.²

OUR PEOPLE

Population projections by age group for Woodford County¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

According to the Kentucky Institute of Medicine, 21 percent of Woodford County's adult population is classified as obese. To address this trend, the Be WELL (Workshops for Everyday Living and Longevity) series was introduced to the county. Utilizing concepts from Weight the Reality series, this workshop addressed weight maintenance and loss from a holistic perspective. Topics included portion control, motivation for health, and healthy cooking. Eleven participants attended the sessions. When asked about information learned at the workshops and the intention to utilize this information within four weeks, 75 percent strongly agreed and 25 percent agreed that they would incorporate at least one tip for weight control. Eighty-six percent strongly agreed and 14 percent agreed that they would incorporate at least one tip or idea learned for healthy cooking.



OUR FAMILIES

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



- **14.4% (+/- 5.2)** families with related children were below poverty
- **4.2% (+/- 2.0)** of those over the age of 65 were below poverty

In addition:

- **17.0% (+/- 1.7)** of those ages 18-64 did not have health insurance in 2010⁴
- **250** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **2,994** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **25** people supplemented their diet with food they produced or preserved.
- **325** people increased their knowledge about healthy foods.
- **175** people reported accessing healthy community food sources such as farmers market or food pantry.

OUR COMMUNITY

In Woodford County:

- **60.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **60.0%** of ordered child support was collected in 2011⁸

Of the **16** primary care physicians in Woodford County:⁹

- **56.3%** are family practice
- **0.0%** are pediatricians
- **6.3%** are OB/GYN

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

- **45** people are involved in addressing community issues.
- **32** people implemented practices to make food more accessible or affordable.
- **215** people were able to utilize new decision-making skills for health.

OUR HEALTH

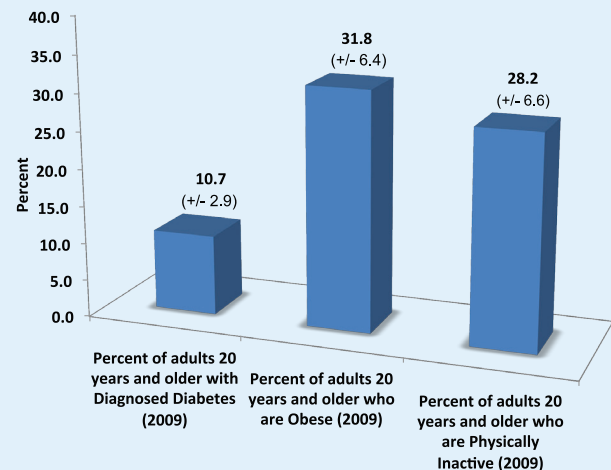
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Woodford County:

- **3.1% (0.9 - 9.7)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **14.5% (7.8 - 25.4)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **43.0% (30.0 - 57.0)** of adults reported having received a flu vaccine in the past year

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

- **45** people implemented safe storage, handling and food preparation practices.
- **17** people made diet or exercise changes to improve health.
- **180** people in Stand Up to Falling understand how to reduce the risk of falling.

Health Snapshot: Woodford 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>