Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Clinton 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 28,594 contacts with Clinton County individuals and families.

In 2010-2012, Family and Consumer Sciences Extension made 20,958 contacts with Clinton County individuals and families.

Population projections by age group for Clinton County:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2030</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19</td>
<td>2,682</td>
<td>2,970</td>
<td>3,208</td>
</tr>
<tr>
<td>20-44</td>
<td>2,929</td>
<td>2,905</td>
<td>2,858</td>
</tr>
<tr>
<td>45-64</td>
<td>2,958</td>
<td>2,887</td>
<td>2,638</td>
</tr>
<tr>
<td>65+</td>
<td>1,703</td>
<td>1,887</td>
<td>1,934</td>
</tr>
</tbody>
</table>

**BIG BLUE SHAPE UP**

Both youth and adults in Clinton County continue to struggle with obesity and lack of physical activity. According to “County Health Rankings (2012),” 38 percent of adults are physically inactive and 33 percent are obese. This year, 79 adults participated in Big Blue Shape Up series that focused on techniques for improved health and wellness. To determine current eating patterns and track changes, participants completed a 24-hour food recall at the beginning of the program. In addition to weekly weigh-ins, educational lessons focused on portion control, diabetes management, label reading, and reducing sodium and sugar. At the end of the series, 50 individuals completed all 10 weeks with a combined weight loss of 419 pounds.

As an additional challenge, 19 participants consumed 68,799 ounces of water in 10 weeks.
OUR FAMILIES

According to the 2010 American Community Survey,\(^3\) between 2006 and 2010 it is estimated that in Clinton County:

- **43.9\% (+/- 10.1)\** families with related children were below poverty
- **26.6\% (+/- 9.8)\** of those over the age of 65 were below poverty

In addition:

- **26.4\% (+/- 2.5)\** of those ages 18-64 did not have health insurance in 2010\(^4\)
- **324 children on average received Kentucky Children’s Health Insurance Program (KCHIP) benefits in 2010\(^5\)**
- **3,072 people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012\(^6\)**

As a result of participating in Clinton County Extension programs:\(^2\)

- **9,858 people reported spending time in physical activity.**
- **2,257 people increased their knowledge about healthy foods.**
- **469 people reported eating more healthy foods.**

OUR HEALTH

According to Kentucky Health Facts,\(^10\) between 2008 and 2010 in Clinton County:

- **16.5\% (9.4 - 27.2)\** did not pursue health care due to cost, compared to **18\% (17.0 - 18.6)\** in the state
- **28.7\% (19.5 - 40.2)\** of adults reported their health status as less than good, compared to **23\% (22.0 - 23.6)\** in the state
- **45.7\% (33.6 - 58.4)\** of adults reported having received a flu vaccine in the past year

As a result of participating in Clinton County Extension programs:\(^2\)

- **15,331 people increased knowledge of diet and exercise changes to improve health.**
- **1,754 people made diet or exercise changes to improve health.**
- **341 people experienced a change in knowledge of healthy home practices and stress management.**

Health Snapshot: Clinton County\(^11\)

| Percent of adults 20 years and older with diagnosed Diabetes (2009) | 11.8 (+/- 3.2) |
| Percent of adults 20 years and older who are Obese (2009) | 32.7 (+/- 6.7) |
| Percent of adults 20 years and older who are Physically Inactive (2009) | 37.7 (+/- 7.2) |

OUR COMMUNITY

In Clinton County:

- **69.0\% of births were to mothers who received early and regular prenatal care in 2009\(^7\)**
- **56.0\% of ordered child support was collected in 2011\(^8\)**

Of the 9 primary care physicians in Clinton County:\(^9\)

- **44.4\% are family practice**
- **0.0\% are pediatricians**
- **22.2\% are OB/GYN**

As a result of participating in Clinton County Extension programs:\(^2\)

- **937 people are involved in addressing community issues.**
- **333 people increased awareness of how to manage current economic events.**
- **1,197 people were able to utilize new decision-making skills for health.**

SOURCES

1. Kentucky State Data Center
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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.