Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in McCracken 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 29,881 contacts with McCracken County individuals and families.¹

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**OUR FOCUS**

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**OUR PEOPLE**

Population projections by age group for McCracken County¹

<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>19,338</td>
<td>18,518</td>
<td></td>
</tr>
<tr>
<td>20-44</td>
<td>19,118</td>
<td>15,665</td>
<td></td>
</tr>
<tr>
<td>45-64</td>
<td>16,108</td>
<td>14,623</td>
<td></td>
</tr>
<tr>
<td>65+</td>
<td>11,001</td>
<td>14,322</td>
<td></td>
</tr>
</tbody>
</table>

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**SPOTLIGHT ON ...**

**DECREASING WEIGHT FOR GOOD HEALTH**

Kentucky has the seventh-highest rate of adult obesity in the nation. The Kentucky Institute of Medicine reported that McCracken County is ranked 27th in the state in a comparative assessment of health risk compared to the other counties. To reduce risk of deaths due to cardiovascular disease, Weight the Reality Series, an eight-week class that teaches behavior change, including portion control and healthy choices, was offered to the community. Twenty-two people enrolled in the eight-week challenge to get the support, education, and accountability needed to get on the road to weight loss and increased activity levels. At the conclusion of the program:

- A total of 72.2 pounds were lost by the group
- Average weight loss or the class was 3.45 percent of body weight.
As a result of participating in McCracken County Extension programs:

- 1,200 people increased knowledge of diet and exercise changes to improve health.
- 140 people made diet or exercise changes to improve health.
- 397 people experienced a change in knowledge of healthy home practices and stress management.

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

- 13.6% (9.4 - 19.3) did not pursue health care due to cost, compared to 18% (17.0 - 18.6) in the state
- 20.0% (15.4 - 25.5) of adults reported their health status as less than good, compared to 23% (22.0 - 23.6) in the state
- 38.6% (33.2 - 44.3) of adults reported having received a flu vaccine in the past year

As a result of participating in McCracken County Extension programs:

- 403 people are involved in addressing community issues.
- 238 people increased awareness of how to manage current economic events.
- 1,100 people were able to utilize new decision-making skills for health.

In McCracken County:

- 86.0% of births were to mothers who received early and regular prenatal care in 2009
- 58.0% of ordered child support was collected in 2011

Of the 68 primary care physicians in McCracken County:

- 35.3% are family practice
- 10.3% are pediatricians
- 17.6% are OB/GYN

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

- 20.1% (+/- 3.3) families with related children were below poverty
- 10.3% (+/- 1.9) of those over the age of 65 were below poverty

In addition:

- 17.8% (+/- 1.6) of those ages 18-64 did not have health insurance in 2010
- 811 children on average received Kentucky Children’s Health Insurance Program (KCHIP) benefits in 2010
- 11,510 people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012

**OUR COMMUNITY**

As a result of participating in McCracken County Extension programs:

- 168 people reported spending time in physical activity.
- 1,200 people increased their knowledge about healthy foods.
- 600 people reported eating more healthy foods.

**OUR FAMILIES**

Sources:

1. Kentucky State Data Center
4. U.S. Census Bureau, Small Area Health Insurance Estimates
5. Kids Count Data Center, Kentucky Cabinet 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