Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Pendleton 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 23,685 contacts with Pendleton County individuals and families.

According to an article in the Louisville Courier Journal in September 2010, obesity is blamed for 300,000 deaths and $147 billion in health care costs each year in Kentucky. The Pendleton County Extension Service, in collaboration with other partners, presented a program called “Waist Management” to take steps to help individuals make healthier lifestyle choices. During the course of an eight-week weight loss challenge, the following was reported: A total of 45 individuals participated in the program; a total of 193 pounds were lost; with the largest percentage of weight loss for an individual 13.46 percent. During the program: pre-and post-blood screenings and tests for chronic health conditions were completed; 61 percent reported a positive change in screenings.
As a result of participating in Pendleton County Extension programs:

2. 7,091 people increased knowledge of diet and exercise changes to improve health.
2. 2,175 people made diet or exercise changes to improve health.
2. 2,665 people experienced a change in knowledge of healthy home practices and stress management.

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

• 15.8% (7.5 - 30.4) did not pursue health care due to cost, compared to 18% (17.0 - 18.6) in the state
• 31.2% (18.9 - 46.9) of adults reported their health status as less than good, compared to 23% (22.0 - 23.6) in the state
• 26.9% (17.3 - 39.3) of adults reported having received a flu vaccine in the past year

As a result of participating in Pendleton County Extension programs:

2. 525 people are involved in addressing community issues.
2. 200 people increased awareness of how to manage current economic events.
2. 2,095 people were able to utilize new decision-making skills for health.

In Pendleton County:

• 64.0% of births were to mothers who received early and regular prenatal care in 2009
• 66.0% of ordered child support was collected in 2011

Of the 3 primary care physicians in Pendleton County:

• 66.7% are family practice
• 33.3% are pediatricians
• 0.0% are OB/GYN

As a result of participating in Pendleton County Extension programs:

2. 750 people reported spending time in physical activity.
2. 1,500 people increased their knowledge about healthy foods.
2. 750 people reported eating more healthy foods.

http://hes.uky.edu/StrongFamilies

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

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