Building Strong Families for Kentucky

...... in Bracken County
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Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Bracken County resulting in strong families for Kentucky. Educational programs focus on:

Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Our People
The 2000 U.S. Census reported total population as 8,279. The graph below indicates the percentage by age group.

Figure 1. Population by Age Group (n=8,279)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 62 and over</td>
<td>16%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>58%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>26%</td>
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Spotlight on . . .
Making Beneficial Lifestyle Choices

In Kentucky, only 29% of adults get the recommended amount of physical activity and 35% of adults are considered physically inactive. To increase the awareness of the health benefits associated with physical activity, the Bracken County Cooperative Extension Service, in collaboration with the Bracken County Health Department, promoted the "Get Moving Kentucky" physical activity program. During the 8-week program, participants were educated on the importance of physical activity and its ability to reduce the risk of chronic diseases such as diabetes, heart disease, arthritis, and osteoporosis. Those enrolled also participated in a 15-minute exercise session. Participants reported that they had earned a total of 1,055 physical activity miles. Members have continued their physical activity program by forming a walking group that meets 3-4 times each week.
Our Families
Using data from the 2000 U.S. Census, Bracken County families can be described as follows:  
- 2,343 families reside in the county.
- 178 families (7.6%) live below poverty level.
- Median family income is $40,469.
- 136 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 1,355 people in Bracken County receive food stamps. The average family food stamp benefit is $245.57 per month.  

In the county, 2 children live in out-of-home care. In 2004, there were 11 incidents of adult abuse and 35 incidents of child abuse.  

As a result of participation in Bracken County Extension programs:  
- 162 adults and youth improved their ability to make informed and effective decisions.
- 19 people used safe practices to store, handle and prepare food.

Our Health
The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Bracken County.

As a result of participation in Bracken County Extension programs:  
- 35 people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- 34 people gained knowledge and skills to make lifestyle changes to improve their health.

Our Community
Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Bracken County was 6.7%. This represented a 26% increase from the September 2007 level of 5.3%.  

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Bracken County, 90-day mortgage delinquency rates have increased by 51% and 60-day bank card delinquency rates have increased by 36%. In a six-month period (May through October 2008), 1 foreclosure was filed.

Access to health insurance is another important factor contributing to family well-being. In Bracken County, 12% of the people under age 65 are uninsured.  

As a result of participation in Bracken County Extension programs:  
- 54 people were involved in addressing issues of their community.
- Bracken County Extension is involved in 12 community coalitions.

Sources:  
3 Kentucky Cabinet for Health and Family Services, Data Book, June 2008.  
4 Annie E. Casey Foundation, Kentucky KIDS COUNC, 2005.  
5 Kentucky Department for Public Health, County Health Priorities, 2004.  
7 TransUnion LLC., Trend Data, Quarter 1 2008.  
9 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.