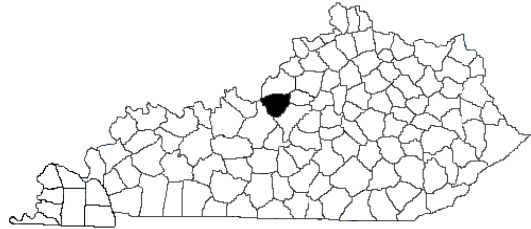


Building Strong Families for Kentucky

..... in Bullitt County

Ruth Chowning, County Extension Agent,
Family and Consumer Sciences



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

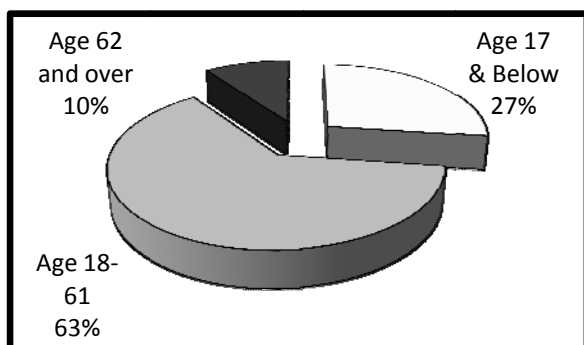
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **11,438** contacts with Bullitt County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **61,236**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=61,236)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The obesity epidemic and the resulting chronic health problems affect people of Bullitt County along with other Kentuckians. To address these problems, the Bullitt County Extension Service taught an 8 week "Weight the Reality" series in collaboration with the Bullitt County Health Department. Twenty participants attended the program with five completing it. The total weight loss for the program was 70 pounds - an average of 3.4 pounds per person.¹

Our Families

Using data from the 2000 U.S. Census, Bullitt County families can be described as follows:²

- **17,870** families reside in the county.
- **1,110** families (**6.2%**) live below poverty level.
- Median family income is **\$49,481**.
- **575** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **6,506** people in Bullitt County receive food stamps. The average family food stamp benefit is **\$232.98** per month.³

In the county, **167** children live in out-of-home care.⁴ In 2004, there were **14** incidents of adult abuse and **145** incidents of child abuse.⁵

As a result of participation in Bullitt County Extension programs:¹

- **32** people expanded their knowledge of economic development.
- **6** people adopted money management practices to reduce debt and/or increase savings.
- **372** people gained knowledge about safe storage, handling and preparation of food.
- **39** people used safe practices to store, handle and prepare food.
- **515** food stamp eligible or recipient families consumed more fruits and vegetables daily.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Bullitt County was **8.6%**. This represented a **79%** increase from the September 2007 level of **4.8%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Bullitt County, 90-day mortgage delinquency rates have increased by **69%** and 60-day bank card delinquency rates have increased by **41%**.⁷ In a six-month period (May through October 2008), **187** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Bullitt County, **9%** of the people under age 65 are uninsured.⁹

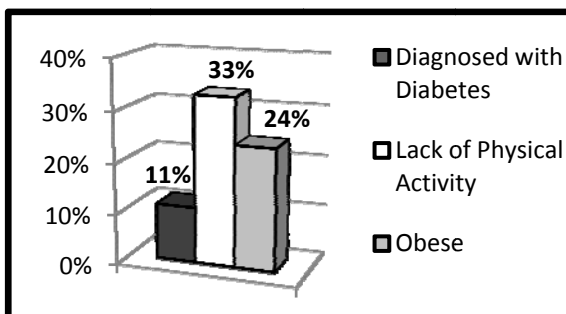
As a result of participation in Bullitt County Extension programs:¹

- **29** citizens enhanced their leadership skills by participation in leadership programs.
- **62** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **69** people were involved in addressing issues of their community.
- Bullitt County Extension is involved in **21** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



As a result of participation in Bullitt County Extension programs:¹

- **363** people gained knowledge and skills to make lifestyle changes to improve their health.
- **57** people made lifestyle changes to improve physical health.
- **53** people implemented new practices to maintain their health and well-being.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

² U.S. Bureau of the Census, Census 2000.

³ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁵ Kentucky Department for Public Health, County Health Priorities, 2004.

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.