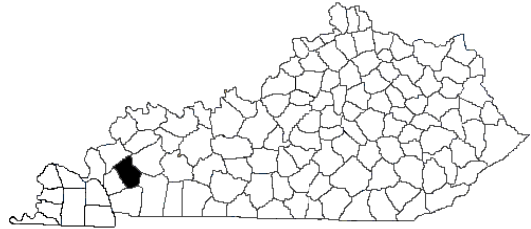


Building Strong Families for Kentucky

..... in Caldwell County

(Currently Vacant), 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 Caldwell County resulting in strong families for Kentucky. Educational programs focus on:

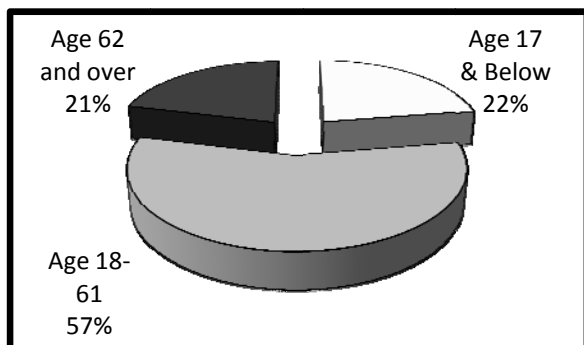
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **7,642** contacts with Caldwell County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **13,060**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=13,060)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The Centers for Disease Control report that in Kentucky one in two adults are at risk for developing diabetes, largely due to obesity and inactivity. Diabetes cost the state more than \$2.4 million annually. The Caldwell County Extension Agent for Family and Consumer Sciences, collaborating with the Pennyryle Health Department, Caldwell County Hospital, and Trover Clinic, presented a series of eight programs for diabetes self-management. Twenty four people attended the programs. Written evaluations received six months after the programs concluded that 45% of participants had lost some weight. Two individuals reports being able to reduce medications and one reported being able to save more than \$300 a month on medications from information they received.¹

Our Families

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

- **3,838** families reside in the county.
- **467** families (**12.2%**) live below poverty level.
- Median family income is **\$35,258**.
- **168** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,798** people in Caldwell County receive food stamps. The average family food stamp benefit is **\$207.87** per month.³

In the county, **18** children live in out-of-home care.⁴ In 2004, there were **15** incidents of adult abuse and **18** incidents of child abuse.⁵

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

- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- **50** adults and youth improved their ability to make informed and effective decisions.
- **50** people adopted money management practices to reduce debt and/or increase savings.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Caldwell County was **7.1%**. This represented a **29%** increase from the September 2007 level of **5.5%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Caldwell County, 90-day mortgage delinquency rates have increased by **39%** and 60-day bank card delinquency rates have increased by **104%**.⁷ In a six-month period (May through October 2008), **14** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Caldwell County, **13%** of the people under age 65 are uninsured.⁹

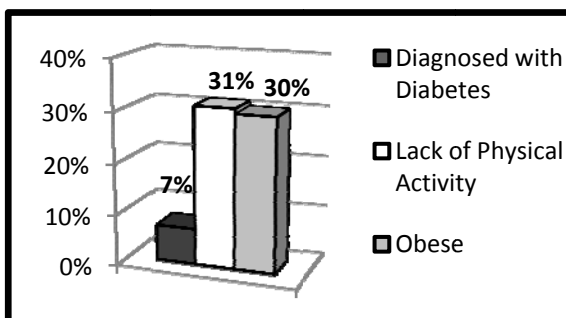
As a result of participation in Caldwell County Extension programs:¹

- **25** people increased their knowledge of how government works.
- **30** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **25** people were involved in addressing issues of their community.

Our Health

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

Figure 2. Health Risks.⁹



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

- **20** people gained knowledge and skills to make lifestyle changes to improve their health.
- **20** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **15** people implemented new practices to maintain 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.