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.

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 Pennyrile 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 reported being able to reduce medications and one reported being able to save more than $300 a month on medications from information they received.¹


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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 62 and over</td>
<td>21%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>57%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>22%</td>
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</tbody>
</table>
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:**

- 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:**

- 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.**

![Health Risks Chart]

- 31% diagnosed with diabetes
- 30% lack of physical activity
- 7% obesity

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

- 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

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.
7 TransUnion LLC., Trend Data, Quarter 1 2008.
9 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.