Building Strong Families for Kentucky

. . . . . in Clinton County

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Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Clinton 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 24,904 contacts with Clinton County families during 2007-2008.¹

Our People
The 2000 U.S. Census reported total population as 9,634.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=9,634)

Spotlight on . . .
Making Beneficial Lifestyle Choices

To address local health concerns, the Clinton County Extension Service partnered with other community agencies to offer two healthy eating programs. The first, “Healthy Holiday Eating,” offered information on adapting recipes, holiday menu shopping tips, and samples of healthy holiday foods. The second, a healthy breakfast program, provided breakfast dishes for the participants to sample and distributed educational goody bags filled with healthy breakfast recipes, physical activity tips, diabetes information, a 5-A-Day Kids Cookbook, and other healthy eating incentives.¹
Our Families

Using data from the 2000 U.S. Census, Clinton County families can be described as follows:2
- 2,793 families reside in the county.
- 564 families (20.2%) live below poverty level.
- Median family income is $25,919.
- 91 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 2,572 people in Clinton County receive food stamps. The average family food stamp benefit is $179.40 per month.3

In the county, 22 children live in out-of-home care.4 In 2004, there were 9 incidents of adult abuse and 40 incidents of child abuse.5

As a result of participation in Clinton County Extension programs:1
- 982 adults and youth improved their ability to make informed and effective decisions.
- 629 people increased their knowledge and skills related to parenting and personal relationships.
- 472 people adopted money management practices to reduce debt and/or increase savings.
- 317 people used safe practices to store, handle and prepare food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Clinton County was 7.1%. This represented a 45% increase from the September 2007 level of 4.9%.6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Clinton County, 90-day mortgage delinquency rates have increased by 113% and 60-day bank card delinquency rates have increased by 52%.7

Access to health insurance is another important factor contributing to family well-being. In Clinton County, 21% of the people under age 65 are uninsured.8

As a result of participation in Clinton County Extension programs:1
- 315 citizens enhanced their leadership skills by participation in leadership programs.
- 1,480 adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- 776 people involved in addressing issues of their community.
- Clinton County Extension is involved in 19 community coalitions.

Our Health

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

Figure 2. Health Risks.9

<table>
<thead>
<tr>
<th>Risk</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosed with Diabetes</td>
<td>29%</td>
</tr>
<tr>
<td>Lack of Physical Activity</td>
<td>16%</td>
</tr>
<tr>
<td>Obese</td>
<td>13%</td>
</tr>
<tr>
<td>30%</td>
<td>13%</td>
</tr>
</tbody>
</table>

As a result of participation in Clinton County Extension programs:1
- 472 people implemented new practices to maintain their health and well-being.
- 5,492 people gained knowledge and skills to make lifestyle changes to improve their health.

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