Building Strong Families for Kentucky

. . . . in Fleming County
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Family and Consumer Sciences

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Fleming 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 26,100 contacts with Fleming County families during 2007-2008.¹

Our People
The 2000 U.S. Census reported total population as 13,792.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group ² (n=13,792)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-61</td>
<td>59%</td>
</tr>
<tr>
<td>Age 62 and over</td>
<td>16%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>25%</td>
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</tbody>
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Spotlight on . . .

Promoting Healthy Homes and Communities

As part of a research project with the University of Connecticut and the University of Kentucky, Food Safety Basics: A Distance Education Course was offered by the Fleming County FCS agent. Eighteen people involved in food preparation for local senior centers, home-based businesses, and local restaurants participated. Information they received helped them in obtaining their job certifications. The resource manual gave the managers reference material to use when training employees. As a result of this program, the Fleming County Extension Service is now scheduled to offer food safety training for food handlers at a local restaurant and local senior center with hopes to expand to other food establishments.¹

¹ Source: Fleming County FCS, University of Kentucky
² Source: U.S. Census Bureau
Our Families
Using data from the 2000 U.S. Census, Fleming County families can be described as follows:2
- 3,963 families reside in the county.
- 587 families (14.8%) live below poverty level.
- Median family income is $33,300.
- 48 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 2,563 people in Fleming County receive food stamps. The average family food stamp benefit is $216.61 per month.3

In the county, 54 children live in out-of-home care.4 In 2004, there were 51 incidents of adult abuse and 67 incidents of child abuse.5

As a result of participation in Fleming County Extension programs:1
- 50 adult, dependent, and child care providers increased their care giving knowledge.
- 25 people adopted money management practices to reduce debt and/or increase savings.
- 325 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 Fleming County was 6.7%. This represented a 12% increase from the September 2007 level of 6%.6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Fleming County, 90-day mortgage delinquency rates have increased by 66% and 60-day bank card delinquency rates have increased by 28%.7

Access to health insurance is another important factor contributing to family well-being. In Fleming County, 16% of the people under age 65 are uninsured.8

As a result of participation in Fleming County Extension programs:1
- 60 people expanded their knowledge of economic development.
- 35 adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- 70 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 Fleming County.

Figure 2. Health Risks.8

As a result of participation in Fleming County Extension programs:1
- 375 people gained knowledge and skills to make lifestyle changes to improve their health.
- 350 people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- 105 people made lifestyle changes to improve physical health.
- 250 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.
8 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.