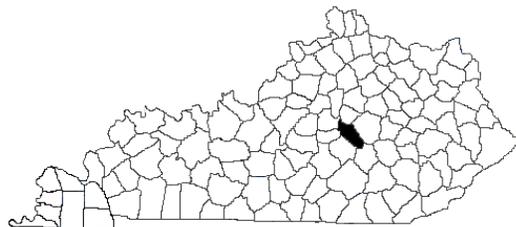


Building Strong Families for Kentucky

..... in Garrard County

Mary Hixson, 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 Garrard County resulting in strong families for Kentucky. Educational programs focus on:

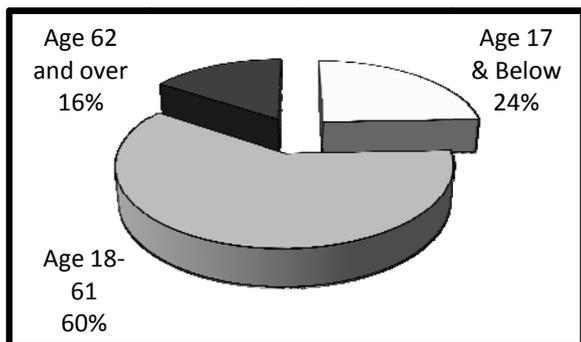
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **2,951** contacts with Garrard County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **14,792**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=14,792)



Spotlight on . . .

Making Beneficial Lifestyle Choices



It is estimated that 60% of adult Americans do not exercise the recommended amount for a healthy lifestyle and 25% of adult Americans are not active at all. Working with the Garrard County Health Department, the FCS agent provided leadership for the Get Moving Garrard community physical activity initiative. Sixty-five people participated by committing to exercise 15 minutes at least 3 days a week for eight weeks. As a result of this year's program, 95% of the participants increased their awareness of the benefits of exercise with 98% completing the program.¹

Our Families

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

- **4,376** families reside in the county.
- **506 families (11.6%)** live below poverty level.
- Median family income is **\$41,250**.
- **100** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,404** people in Garrard County receive food stamps. The average family food stamp benefit is **\$233.62** per month.³

In the county, **53** children live in out-of-home care.⁴ In 2004, there were **12** incidents of adult abuse and **21** incidents of child abuse.⁵

*As a result of participation in Garrard County Extension programs:*¹

- **1,607** Food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **30** adults and youth improved their ability to make informed and effective decisions.
- **5** people gained knowledge about safe storage, handling and preparation of food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Garrard County was **6.6%**. This represented a **20%** 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 Garrard County, **1.97%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **78%**.⁷ In a six-month period (May through October 2008), **44** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Garrard County, **14%** of the people under age 65 are uninsured.⁹

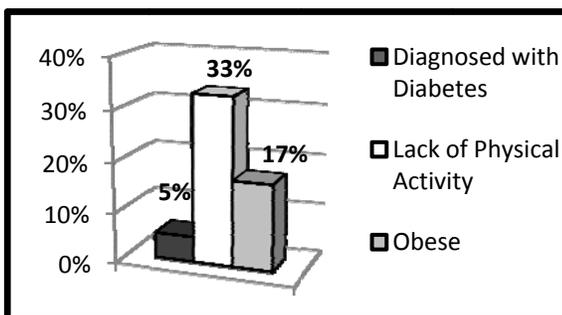
*As a result of participation in Garrard County Extension programs:*¹

- **10** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **50** individuals were involved in addressing significant community issues.
- Garrard County Extension is involved in **3** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



*As a result of participation in Garrard County Extension programs:*¹

- **50** people gained knowledge and skills to make lifestyle changes to improve their health.
- **10** people made lifestyle changes to improve physical health.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2007 & 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.