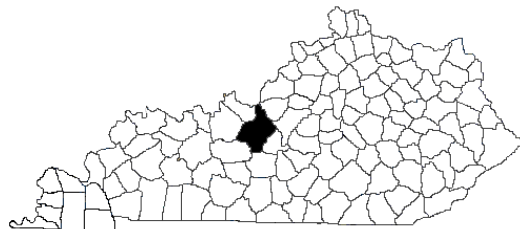


Building Strong Families for Kentucky

..... in Hardin 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 Hardin County resulting in strong families for Kentucky. Educational programs focus on:

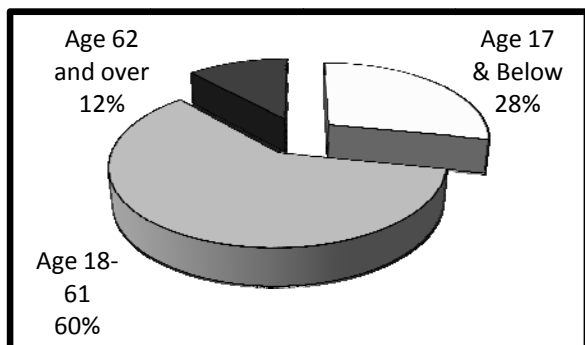
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **9,665** contacts with Hardin County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **94,174**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=94,174)



Spotlight on . . .

Making Beneficial Lifestyle Changes



Get Fit Hardin County is a six week, two-fold FCS program that addresses lack of physical activity and obesity. Participants exercised and learned techniques to become healthier. Two-hundred and sixty-five people registered for the program with 205 completing the six week course. At the end of the program, 3,818.25 hours of physical activity were reported. As a result of the program, 98% of the participants feel that physical activity is very important for themselves and others; 92% have increased their physical activity after completing the program; and 87% plan to continue their new habits. Participants stated that they are more active with their family members and friends after the program. Eighty-two percent have lost weight during the course.¹

Our Families

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

- **25,577** families reside in the county.
- **2,092** families (**8.2%**) live below poverty level.
- Median family income is **\$43,610**.
- **823** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **10,855** people in Hardin County receive food stamps. The average family food stamp benefit is **\$235.80** per month.³

In the county, **310** children live in out-of-home care.⁴ In 2004, there were **103** incidents of adult abuse and **249** incidents of child abuse.⁵

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

- **712** adults and youth improved their ability to make informed and effective decisions.
- **28** people adopted money management practices to reduce debt and/or increase savings.
- **800** people gained knowledge about safe storage, handling and preparation of food.
- **800** 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 Hardin County was **6.6%**. This represented a **35%** 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 Hardin County, 90-day mortgage delinquency rates have increased by **27%** and 60-day bank card delinquency rates have increased by **22%**.⁷ In a six-month period (May through October 2008), **208** foreclosures were filed.⁸

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

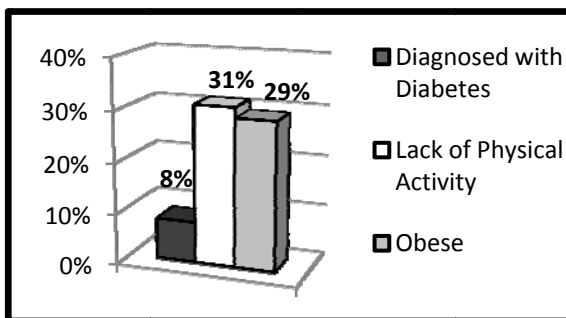
As a result of participation in Hardin County Extension programs:¹

- **61** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Hardin County Extension is involved in **19** community coalitions.
- **17,370** citizens enhanced their leadership skills by participating in leadership programs.

Our Health

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

Figure 2. Health Risks.⁹



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

- **115** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **575** people made lifestyle changes to improve physical health.
- **500** 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.