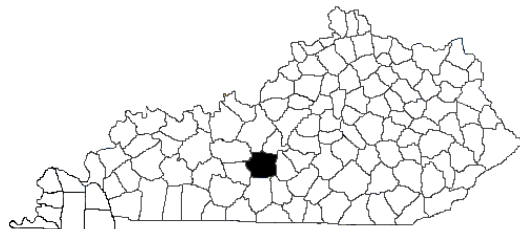


# Building Strong Families for Kentucky

## ..... in Hart County

Patricia Margolis, 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 Hart County resulting in strong families for Kentucky. Educational programs focus on:

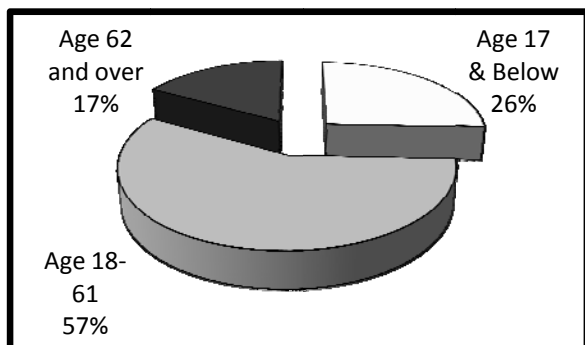
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **5,793** contacts with Hart County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **17,445**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=17,445)



### Spotlight on . . .

### ***Nurturing Families***



“Reaching Out to Our Neighbors” has provided health screenings, dental work, vision needs as well as follow-up medical care to more than 200 Spanish speaking community members. For some of the participants, this is the first time they have had an opportunity to receive medical care. The free dental service is probably the most popular of the services that are offered. The steering committee, led by Extension, has wide participation including physicians, dentist, nurses, hospital representatives, health department, pharmacy, Lions Club, W.K.U., churches and schools. An estimate of \$500,000 in treatment and services has been provided. The community has also learned to better accept their Spanish speaking neighbors.<sup>1</sup>

## Our Families

Using data from the 2000 U.S. Census, Hart County families can be described as follows:<sup>2</sup>

- **4,829** families reside in the county.
- **896 families (18.6%)** live below poverty level.
- Median family income is **\$31,476**.
- **234** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,365** people in Hart County receive food stamps. The average family food stamp benefit is **\$206.46** per month.<sup>3</sup>

In the county, **68** children live in out-of-home care.<sup>4</sup> In 2004, there were **36** incidents of adult abuse and **91** incidents of child abuse.<sup>5</sup>

### *As a result of participation in Hart County Extension programs:<sup>1</sup>*

- **1,123** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **55** people increased their knowledge and skills related to parenting and personal relationships.
- **140** people adopted money management practices to reduce debt and/or increase savings.
- **105** 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 Hart County was **6.8%**. This represented a **31%** increase from the September 2007 level of **5.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Hart County, **0.74%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **212%**.<sup>7</sup> In a six-month period (May through October 2008), **22** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Hart County, **19%** of the people under age 65 are uninsured.<sup>9</sup>

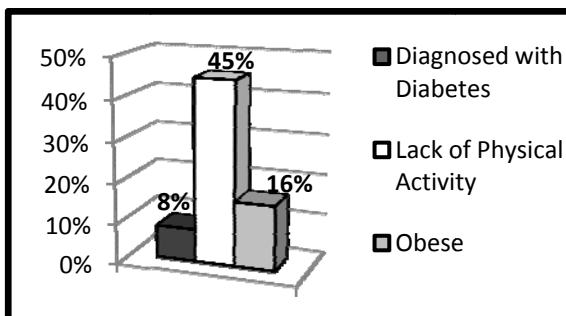
### *As a result of participation in Hart County Extension programs:<sup>1</sup>*

- **395** people were involved in addressing issues of their community.
- Hart County Extension is involved in **13** community coalitions.
- **72** 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 Hart County.

Figure 2. Health Risks.<sup>9</sup>



### *As a result of participation in Hart County Extension programs:<sup>1</sup>*

- **125** people made lifestyle changes to improve physical health.
- **220** people implemented new practices to maintain health and well-being.
- **65** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

### Sources

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.  
<sup>2</sup> U.S. Bureau of the Census, Census 2000.  
<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.  
<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.  
<sup>5</sup> Kentucky Department for Public Health, County Health Priorities, 2004.

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2008.

<sup>8</sup> Kentucky Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.