Building Strong Families for Kentucky

. . . . . in Henderson County

Amanda Hardy, 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 Henderson 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 18,634 contacts with Henderson County families during 2007-2008.1

Our People
The 2000 U.S. Census reported total population as 44,829.2 The graph below indicates the percentage by age group.

Figure 1. Population by Age Group2 (n=44,829)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 62 and over</td>
<td>15%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>60%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>25%</td>
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</tbody>
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Spotlight on . . .
Making Beneficial Lifestyle Choices

The FCS agent developed Power Up!, a nutrition and physical activity program for youth to learn more about healthier lifestyle choices. Each lesson included a nutrition key idea, a physical activity, and a tasting experience. The Program Assistant enrolled 187 youth and secured 21 adult and youth volunteers. Assessment demonstrated an increase in fruit and vegetable consumption each week during the program. Positive behavior changes observed and reported by the school staff over the four week program included: youth choosing fruits and vegetables more often, all youth tasted a newly introduced fruit or vegetable, youth more likely to ask for a fruit or vegetable for a snack, and youth eating fruits and/or vegetables more often at home mealtime.1

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Our Families

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

- 12,611 families reside in the county.
- 1,218 families (9.7%) live below poverty level.
- Median family income is $44,703.
- 443 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 6,132 people in Henderson County receive food stamps. The average family food stamp benefit is $216.81 per month.3

In the county, 54 children live in out-of-home care.4

In 2004, there were 116 incidents of adult abuse and 214 incidents of child abuse.5

**As a result of participation in Henderson County Extension programs:**

- 435 food stamp eligible or recipient families consumed more fruits and vegetables daily.
- 40 people increased their knowledge and skills related to parenting and personal relationships.
- 50 adult, dependent, and child care providers increased their care giving knowledge.
- 75 people adopted money management practices to reduce debt and/or increase savings.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Henderson County was 5.8%. This represented a 35% increase from the September 2007 level of 4.3%.6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Henderson County, 90-day mortgage delinquency rates have increased by 93% and 60-day bank card delinquency rates have increased by 36%.7 In a six-month period (May through October 2008), 57 foreclosures were filed.8

Access to health insurance is another important factor contributing to family well-being. In Henderson County, 12% of the people under age 65 are uninsured.9

**As a result of participation in Henderson County Extension programs:**

- 72 citizens enhanced their leadership skills by participation in leadership programs.
- Henderson County Extension is involved in 31 community coalitions.
- 74 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 Henderson County.

**Figure 2. Health Risks.**9

- 28% Diagnosed with Diabetes
- 28% Lack of Physical Activity
- 8% Obese

**As a result of participation in Henderson County Extension programs:**

- 40 people made lifestyle changes to improve physical health.
- 250 people implemented new practices to maintain health and well-being.
- 40 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.
9 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.