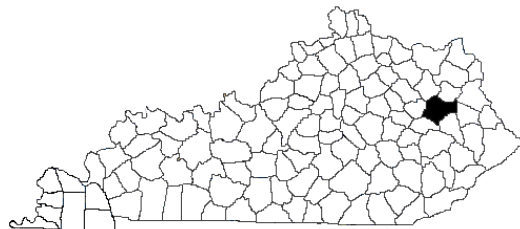


Building Strong Families for Kentucky

. . . . in Morgan County

Nellie Buchanan, 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 Morgan County resulting in strong families for Kentucky. Educational programs focus on:

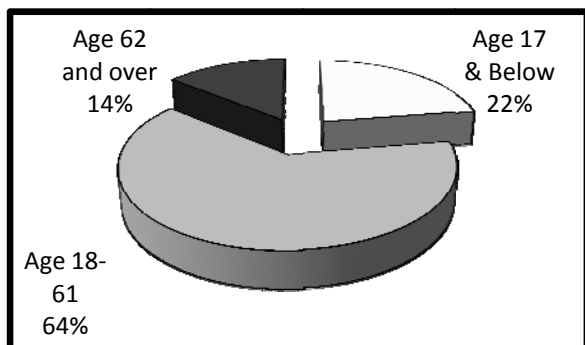
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **12,211** contacts with Morgan County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **13,948**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=13,948)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Morgan County residents face health challenges including smoking, a lack of physical activity, and diabetes. FCS Extension conducted a series of educational programs on health, including specific men's health topics. Issues addressed included heart disease, choosing healthy foods, increasing physical activity and prostate cancer. The importance of early screening was emphasized. An underserved audience of men was reached through the local Mountain Telephone Cooperative, as part of their safety training sessions. Seventy-four participants reported learning the importance of a healthy diet, lifestyle, early detection and testing, and increasing physical activity for their own and their family's health.¹

Our Families

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

- **3,595** families reside in the county.
- **844 families (23.5%)** live below poverty level.
- Median family income is **\$26,135**.
- **132** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,415** people in Morgan County receive food stamps. The average family food stamp benefit is **\$196.85** per month.³

In the county, **33** children live in out-of-home care.⁴ In 2004, there were **19** incidents of adult abuse and **63** incidents of child abuse.⁵

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

- **181** people increased their knowledge and skills related to parenting and personal relationships.
- **62** adult, dependent, and child care providers increased their care giving knowledge.
- **441** 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 Morgan County was **9.4%**. This represented a **22%** increase from the September 2007 level of **7.7%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Morgan County, **1.83%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **24%**.⁷ In a six-month period (May through October 2008), **3** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Morgan County, **18%** of the people under age 65 are uninsured.⁹

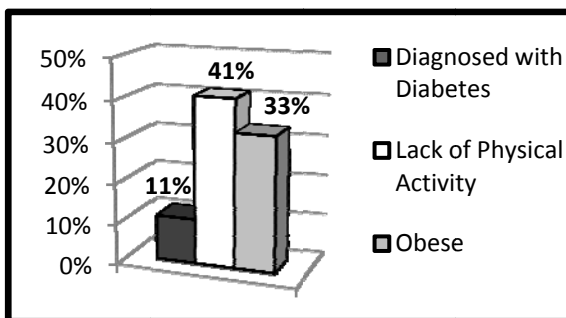
As a result of participation in Morgan County Extension programs:¹

- **18** people adopted money management practices to reduce debt and/or increase savings.
- **305** people were involved in addressing issues of their community.
- Morgan County Extension is involved in **40** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **961** people gained knowledge and skills to make lifestyle changes to improve their health.
- **210** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **717** people made lifestyle changes to improve physical health.
- **818** people implemented new practices to maintain their 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.