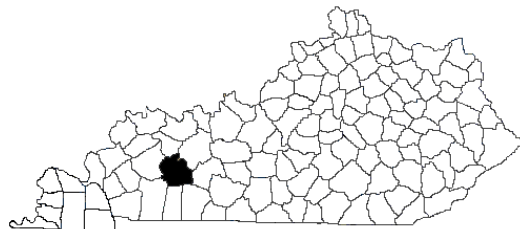


Building Strong Families for Kentucky

..... in Muhlenberg County

Laura Holt, 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 Muhlenberg County resulting in strong families for Kentucky. Educational programs focus on:

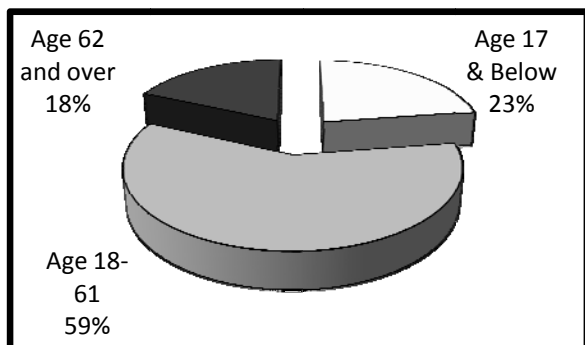
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **16,390** contacts with Muhlenberg County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **31,839**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=31,839)



Spotlight on . . .

Securing Financial Stability



The Muhlenberg County FCS program provides several programs to families to strengthen future financial stability. “Using Your Money Wisely” was taught to 13 future college students before they left home for their freshman year at college. Students worked on budgets for college spending and learned wise credit card use. “Paying for College 101” was attended by 13 students and 4 parents. A counselor with the KY Higher Education Assistance Authority worked with students and parents on how to fill out the FAFSA forms. Ninety percent of those in attendance did not know how to access or where to turn for financial aid before the workshop.¹

Our Families

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

- **9,101** families reside in the county.
- **1,411 families (15.5%)** live below poverty level.
- Median family income is **\$33,513**.
- **353** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,978** people in Muhlenberg County receive food stamps. The average family food stamp benefit is **\$214.40** per month.³

In the county, **41** children live in out-of-home care.⁴ In 2004, there were **60** incidents of adult abuse and **37** incidents of child abuse.⁵

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

- **612** people increased their knowledge and skills related to parenting and personal relationships.
- **46** people adopted money management practices to reduce debt and/or increase savings.
- **222** people gained knowledge about safe storage, handling, and preparation of food.
- **286** food stamp eligible or recipient families consumed more fruits and vegetables daily.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Muhlenberg County was **8.8%**. This represented a **22%** increase from the September 2007 level of **7.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Muhlenberg County, **1.97%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **23%**.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 Muhlenberg County, **15%** of the people under age 65 are uninsured.⁹

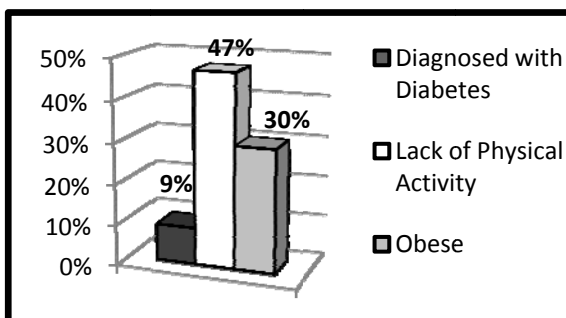
As a result of participation in Muhlenberg County Extension programs:¹

- **253** adults or youth improved their ability to make informed and effective decisions.
- **276** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Muhlenberg County Extension is involved in **20** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **44** people made lifestyle changes to improve physical health.
- **500** 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.