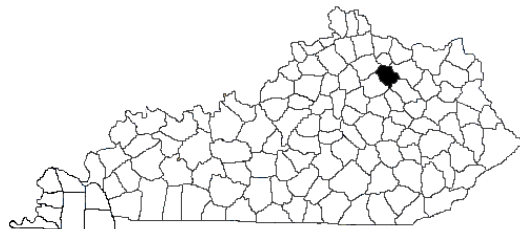


Building Strong Families for Kentucky

..... in Nicholas County

Kim Adams-Leger, 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 Nicholas County resulting in strong families for Kentucky. Educational programs focus on:

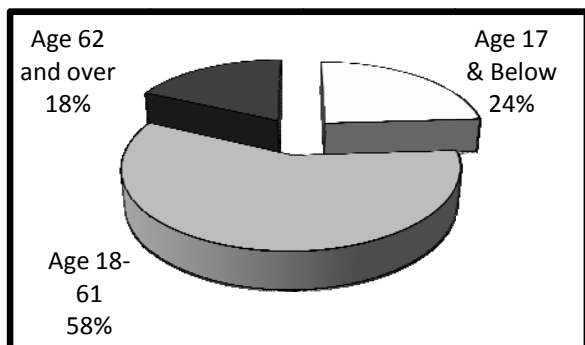
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **9,579** contacts with Nicholas County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **6,813**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=6,813)



Spotlight on . . .

Nurturing Families



Nicholas County Extension Homemakers support local troops and their families by sponsoring meals for spouses and their children during military support meetings. They also started an adopt-a-soldier program in which each homemaker sponsored one soldier in the 2nd Battalion and sent weekly care packages. During special holidays, Extension Homemakers sent each soldier a phone card allowing him/her to talk to loved ones. The project created the demand for another truck to pick up the mail. The Battery B, 2nd Battalion, 138th Field Artillery made national headlines because they received more mail and care packages in army history, according to the USA Today and the Lexington Herald Leader.¹

Our Families

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

- **1,965** families reside in the county.
- **190 families (9.7%)** live below poverty level.
- Median family income is **\$35,491**.
- **85** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,320** people in Nicholas County receive food stamps. The average family food stamp benefit is **\$224.03** per month.³

In the county, **10** children live in out-of-home care.⁴ In 2004, there were **4** incidents of adult abuse and **11** incidents of child abuse.⁵

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

- **30** adults or youth improved their ability to make informed and effective decisions.
- **50** youth gained one or more life skills.
- **20** people used safe practices to store, handle, and prepare food.
- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Nicholas County was **7.7%**. This represented a **24%** increase from the September 2007 level of **6.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Nicholas County, 90-day mortgage delinquency rates have increased by **93%** and 60-day bank card delinquency rates have increased by **102%**.⁷ In a six-month period (May through October 2008), **16** foreclosures were filed.⁸

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

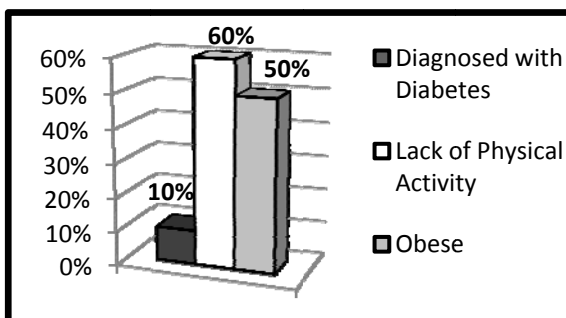
As a result of participation in Nicholas County Extension programs:¹

- **20** people expanded their knowledge of economic development.
- **30** people were involved in addressing issues of their community.
- **100** adults and youth improved communication, problem solving and group process skills address community needs.

Our Health

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

Figure 2. Health Risks.⁹



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

- **40** people gained knowledge and skills to make lifestyle changes to improve their health.
- **30** people made lifestyle changes to improve physical health.
- **70** 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.