Building Strong Families for Kentucky

. . . . . in Pendleton County

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Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Pendleton 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


Our People
The 2000 U.S. Census reported total population as 14,390. The graph below indicates the percentage by age group.

Figure 1. Population by Age Group (n=14,390)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 62 and over</td>
<td>13%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>59%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>28%</td>
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</tbody>
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Spotlight on . . .

Making Beneficial Lifestyle Choices

In collaboration with the local middle school, Extension offered a “Get Moving Kentucky” nine-week program to every sixth, seventh, and eighth grader. A total of 631 students set a goal to increase the number of steps taken each week. The average student walked over 11,000 steps with many students recording a steady increase in steps from the first week to the final week of the program. Follow up evaluations indicated that 84% of the youth enjoyed being physically active; 73% reported the program encouraged them to try new physical activities; and 78% reported they were more physically active since participating in the program.
Our Families
Using data from the 2000 U.S. Census, Pendleton County families can be described as follows:²
- 3,978 families reside in the county.
- 390 families (9.8%) live below poverty level.
- Median family income is $42,589.
- 193 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 2,109 people in Pendleton County receive food stamps. The average family food stamp benefit is $241.41 per month.³

In the county, 12 children live in out-of-home care.⁴
In 2004, there were 16 incidents of adult abuse and 52 incidents of child abuse.⁵

As a result of participation in Pendleton County Extension programs:¹
- 56 people adopted money management practices to reduce debt and/or increase savings.
- 250 people gained knowledge about safe storage, handling, and preparation of food.
- 50 people used safe practices to store, handle, and prepare food.
- 1,038 food stamp eligible or recipient families consumed more fruits and vegetables.

Our Community
Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Pendleton County was 7.1%. This represented a 42% increase from the September 2007 level of 5%.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Pendleton County, 90-day mortgage delinquency rates have increased by 9% and 60-day bank card delinquency rates have increased by 10%.⁷ In a six-month period (May through October 2008), 37 foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Pendleton County, 11% of the people under age 65 are uninsured.⁹

As a result of participation in Pendleton County Extension programs:¹
- 129 adults or youth improved their ability to make informed and effective decisions.
- 33 adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Pendleton County Extension is involved in 15 community coalitions.

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

Figure 2. Health Risks.⁹

As a result of participation in Pendleton County Extension programs:¹
- 1,200 people gained knowledge and skills to make lifestyle changes to improve their health.
- 150 people made lifestyle changes to improve physical health.
- 163 people implemented new practices to maintain their health and well-being.

Sources
³ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.
⁴ Annie E. Casey Foundation, Kentucky KYIDS 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.