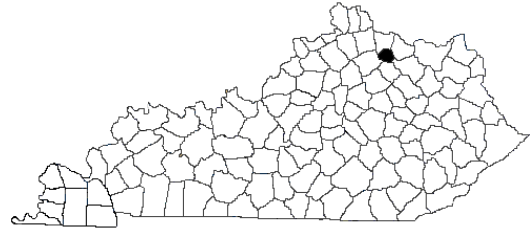


# Building Strong Families for Kentucky

## ..... in Robertson County

Terry Whalen, 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 Robertson County resulting in strong families for Kentucky. Educational programs focus on:

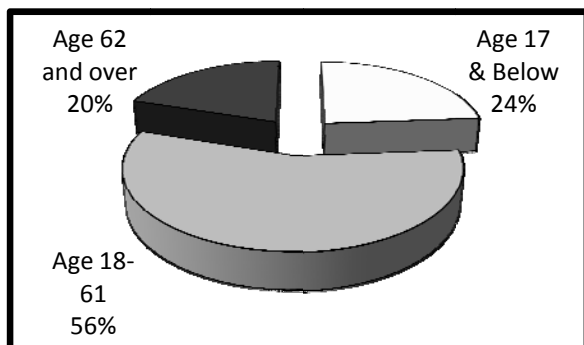
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **7,228** contacts with Robertson County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **2,266**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=2,266)



### Spotlight on . . .

### ***Nurturing Families***



Through the “Family Health History” 35 Extension Homemakers program learned about risk factors, how to collect family health history data, and prepared their own family health histories. One participant reported that she not only completed the health history for herself, but she also gathered health history from her mother (who is in a nursing home) and shared the information with her son and daughter-in-law for the benefit of her grandchildren. The Extension Homemaker supplied the daughter-in-law with worksheets and she too is completing a family health history, so that the grandchildren will have diagnostic records from both sides of the family.<sup>1</sup>

## Our Families

Using data from the 2000 U.S. Census, Robertson County families can be described as follows:<sup>2</sup>

- **610** families reside in the county.
- **107** families (**17.5%**) live below poverty level.
- Median family income is **\$35,521**.
- **38** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **410** people in Robertson County receive food stamps. The average family food stamp benefit is **\$238.70** per month.<sup>3</sup>

In the county, **12** children live in out-of-home care.<sup>4</sup> In 2004, there were **4** incidents of adult abuse and **9** incidents of child abuse.<sup>5</sup>

### ***As a result of participation in Robertson County Extension programs:***<sup>1</sup>

- **12** adult, dependent, and child care providers increased their care giving knowledge.
- **15** people adopted money management practices to reduce debt and/or increase savings.
- **55** people gained knowledge about safe storage, handling, and preparation of food.
- **289** 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 Robertson County was **5.8%**. This represented a **41%** decrease from the September 2007 level of **4.1%**.<sup>6</sup>

Access to health insurance is another important factor contributing to family well-being. In Robertson County, **13%** of the people under age 65 are uninsured.<sup>7</sup>

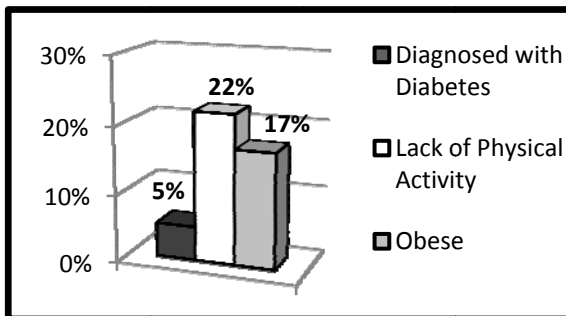
### ***As a result of participation in Robertson County Extension programs:***<sup>1</sup>

- **15** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **40** people were involved in addressing issues of their community.
- Robertson County Extension is involved in **12** community coalitions.

## Our Health

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

Figure 2. Health Risks.<sup>7</sup>



### ***As a result of participation in Robertson County Extension programs:***<sup>1</sup>

- **45** people gained knowledge and skills to make lifestyle changes to improve their health.
- **20** people made lifestyle changes to improve physical health.
- **110** people implemented new practices to maintain their health and well-being.

### **Sources**

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

<sup>2</sup> U.S. Bureau of the Census, Census 2000.

<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>5</sup> Kentucky Department for Public Health, County Health Priorities, 2004.

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

<sup>7</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.