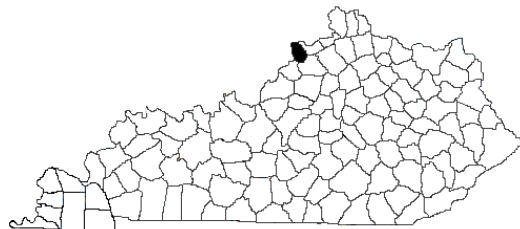


Building Strong Families for Kentucky

..... in Trimble County

Jane Proctor, 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 Trimble County resulting in strong families for Kentucky. Educational programs focus on:

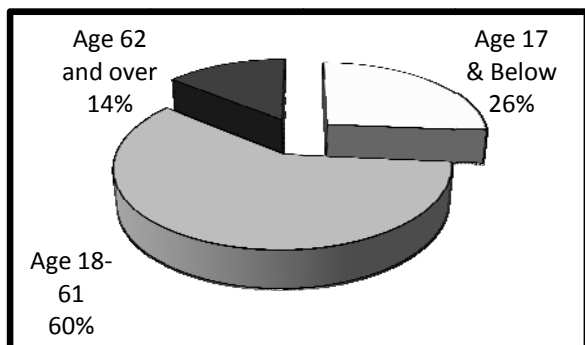
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **3,291** contacts with Trimble County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **8,125**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=8,125)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The FCS program offered a “Cooking for One or Two” series with participants ranging in age from 36 to 81. A follow up survey indicated 66% of participants prepared more meals at home as a result of obtaining new recipes and 100% of participants had successfully improved their overall diet using “MyPyramid.” Participants documented reading food labels; checking expiration dates; using low or no-salt seasonings; growing and using fresh herbs; and using more fresh fruit and vegetables. As a group, the participants shared the information with an additional twenty-nine community residents.¹

Our Families

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

- **2,306** families reside in the county.
- **231 families (10%)** live below poverty level.
- Median family income is **\$41,925**.
- **126** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,328** people in Trimble County receive food stamps. The average family food stamp benefit is **\$235.02** per month.³

In the county, **6** children live in out-of-home care.⁴ In 2004, there were **29** incidents of adult abuse and **37** incidents of child abuse.⁵

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

- **36** people increased their knowledge and skills related to parenting and personal relationships.
- **35** people gained knowledge about safe storage, handling, and preparation of food.
- **72** 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 Trimble County was **7.8%**. This represented a **44%** increase from the September 2007 level of **5.4%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Trimble County, **1.69%** of mortgages are 90-days delinquent and **0.9%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **7** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Trimble County, **14%** of the people under age 65 are uninsured.⁹

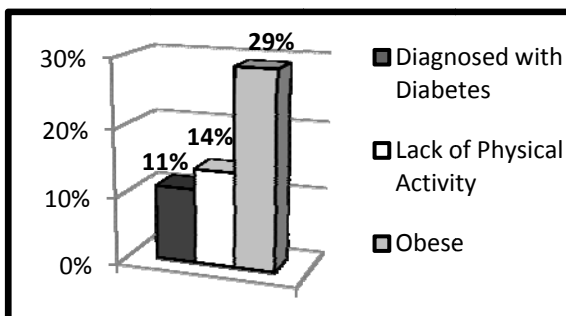
As a result of participation in Trimble County Extension programs:¹

- **41** people expanded their knowledge of economic development.
- **230** adults or youth improved their ability to make informed and effective decisions.
- **81** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **59** people were involved in addressing issues of their community.

Our Health

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

Figure 2. Health Risks.⁹



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

- **75** people gained knowledge and skills to make lifestyle changes to improve their health.
- **50** people made lifestyle changes to improve physical health.
- **10** 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.