



BALLARD COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY

OUR FOCUS

► Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Ballard County resulting in strong families for Kentucky. Educational programs focus on:

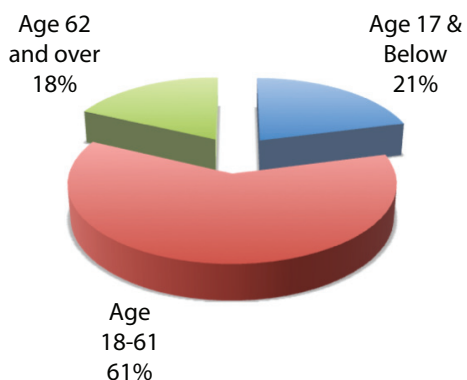
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **7,624** contacts with Ballard County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=8,323)

► 2008 estimates from the 2000 U.S. Census reported total population as **8,323**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Ballard County Extension participated in and helped organize a community coalition of health minded organizations who received a \$40,000 Local Data for Local Action grant from the Foundation for Healthy Kentuckians. Over 400 surveys were returned for analysis. Six Town Hall Meetings in five areas of the county were held to discuss the results of the survey and to begin a dialogue with community members to address some of the community's health concerns. Two major concerns were identified for community action: 1) Ballard County's youth are using alcohol and drugs, and there is a need for after school and weekend youth activities; 2) families and individuals are overweight and obese, and there is a need for families to increase physical activity.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Ballard County was **9.6%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Ballard County, **2.50%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **0.52%**.⁴ In a one-year period (October 2008 through October 2009), **27** foreclosures were filed.⁵

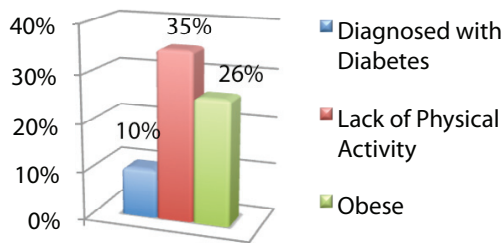
Access to health insurance is another important factor contributing to family well-being. In Ballard County, **12%** of the people under age 65 are uninsured.⁶

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

- **178** people were involved in addressing issues of their community.
- **34** people increase their knowledge of governmental process.
- Ballard County Extension is involved in **10** community coalitions.

OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Ballard County.
*Figure 2. Health Risks.*⁶



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

- **61** people increased knowledge of practices to maintain health and well-being.
- **154** people used safe practices to store, handle, and prepare food.
- **144** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

OUR FAMILIES

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

- **2,415** families reside in the county.
- **263** families (**10.7%**) live below poverty level.
- Median family income is **\$41,386**.
- **84** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **403** people in Ballard County receive food stamps. The average family food stamp benefit is **\$209.37** per month.⁷

In the county, **12** children live in out-of-home care.⁸ In 2005, there were **27** incidents of adult abuse and **12** incidents of child abuse.⁹

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

- **148** people adopted money management practices to reduce debt and/or increase savings.
- **59** people increased knowledge and skills relating to parenting and personal relationships.
- **195** adults and youth improved practical living skills.

SOURCES

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2009.

² U.S. Bureau of the Census, Census 2000.

³ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, August 2009.

⁴ TransUnion LLC., Trend Data, Quarter 1 2009.

⁵ Kentucky Administrative Office of the Courts, November, 2009.

⁶ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

⁷ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁸ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁹ Kentucky Department for Public Health, County Health Priorities, 2004.