



CALDWELL COUNTY

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 Family & Consumer Sciences

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 Caldwell County resulting in strong families for Kentucky. Educational programs focus on:

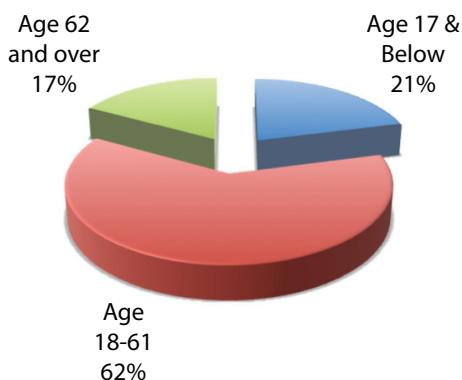
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **5,277** contacts with Caldwell County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=12,866)

► 2008 estimates from the 2000 U.S. Census reported total population as **12,866**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

The Caldwell County Expanded Food and Nutrition Education Program (EFNEP) paraprofessional taught 77 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 96% of families made an improvement in the nutritional quality of their diet. 32% of EFNEP graduate families consumed a diet of higher quality because they planned meals using the MyPyramid food guide, considered healthy choices, and used the "Nutrition Facts" label. 27% of families increased the frequency of moderate physical activity for 30 minutes per day. 47% of families demonstrated an improvement in safe food handling practices and hand washing behavior. A 41% improvement was shown in food price comparison behavior. 23% of families made greater use of community food resources, such as food pantries.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Caldwell County was **11.6%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Caldwell County, **2%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.66%**.⁴ In a one-year period (October 2008 through October 2009), **19** foreclosures were filed.⁵

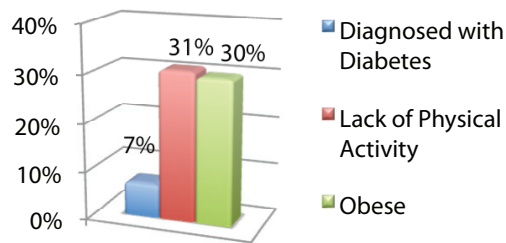
Access to health insurance is another important factor contributing to family well-being. In Caldwell County, **13%** of the people under age 65 are uninsured.⁶

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

- **60** people were involved in addressing issues in their community.
- **50** people increased their knowledge of governmental process.
- **50** people expanded their knowledge of economic development.

OUR HEALTH

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



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

- **20** people gained knowledge and skills to make lifestyle changes to improve health.
- **20** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **15** people implemented new practices to maintain health and well-being.

OUR FAMILIES

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

- **3,801** families reside in the county.
- **467** families (**12.2%**) live below poverty level.
- Median family income is **\$35,258**.
- **168** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **775** people in Caldwell County receive food stamps. The average family food stamp benefit is **\$207.87** per month.⁷

In the county, **18** children live in out-of-home care.⁸

In 2005, there were **71** incidents of adult abuse and **39** incidents of child abuse.⁹

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

- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- **50** adults and youth improved their ability to make informed and effective decisions.
- **50** people adopted money management practices to reduce debt and/or increase savings.

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.