



CASEY COUNTY

Deborah Shepherd, County Extension Agent
 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 Casey County resulting in strong families for Kentucky. Educational programs focus on:

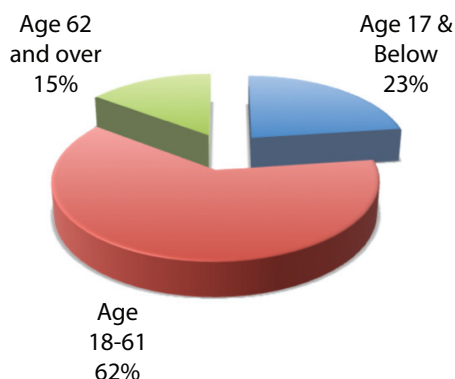
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **9,534** contacts with Casey County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=16,214)

► 2008 estimates from the 2000 U.S. Census reported total population as **16,214**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

Economic stressors on family budgets have resulted in an increase in home gardening and food preservation. To address food safety issues related to home food preservation, two county-wide programs were conducted. Home Gardening & Raising Small Fruits and Food Preservation Boot Camp was implemented. Fifteen participants learned proper home gardening techniques and small fruit production for home. Twenty-one participants learned proper food preservation techniques utilizing canning, freezing and dehydration. A survey was conducted to ensure food safety practices were obtained. Participants practiced ensuring the elimination of Clostridium Botulism in the food preservation process. In addition, kitchen safety and safe food handling guidelines were practiced. Nutritional content was also emphasized. Safe, affordable food resources, such as home gardening and food preservation, can help ease the stress on family food budgets.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Casey County was **10.7%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Casey County, **1.22%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.76%**.⁴

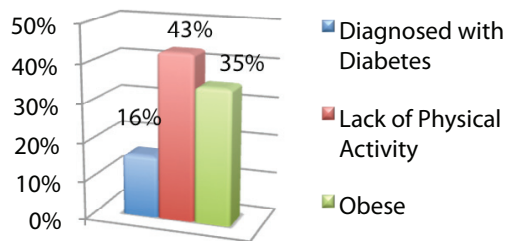
Access to health insurance is another important factor contributing to family well-being. In Casey County, **20%** of the people under age 65 are uninsured.⁵

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

- **1** person was 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 Casey County.
Figure 2. Health Risks.⁵



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

- **224** youth ate a variety of vegetables daily.
- **213** children increased their level of physical activity.
- **12** people lost over 5% of their body weight after participating in Weight the Reality Series.



OUR FAMILIES

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

- **4,421** families reside in the county.
- **918** families (**20.7%**) live below poverty level.
- Median family income is **\$27,044**.
- **131** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,520** people in Casey County receive food stamps. The average family food stamp benefit is **\$204.08** per month.⁶

In the county, **39** children live in out-of-home care.⁷ In 2005, there were **75** incidents of adult abuse and **34** incidents of child abuse.⁸

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

- **213** children practiced proper hand-washing procedures daily.

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

⁶ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁷ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁸ Kentucky Department for Public Health, County Health Priorities, 2004.