



## CUMBERLAND 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 Cumberland County resulting in strong families for Kentucky. Educational programs focus on:

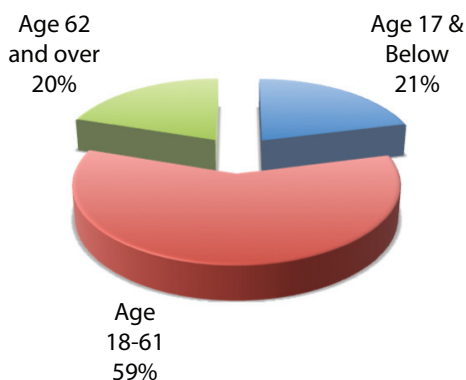
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **6,820** contacts with Cumberland County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=6,817)

► 2008 estimates from the 2000 U.S. Census reported total population as **6,817**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## ACCESSING NUTRITIOUS FOOD

**A**s obesity is an area of concern for Kentucky and Cumberland County more specifically, it is important to introduce health and wellness at a young age to combat this issue. LEAP (Literacy, Eating, and Activity for Primary) focuses on healthy food choices, physical activity, and preparing healthy family meals. LEAP was introduced to each Kindergarten through 2nd grade class reaching approximately 220 students on a monthly basis. Reinforcement activities incorporated math and reading. Tasting activities were also used in which the children were provided a sample of a food or recipe used in the book read during the session. Participants were introduced to new fruits and vegetables during this program. A family newsletter is sent home with the student to encourage healthy eating habits and physical activity.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Cumberland County was **13%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Cumberland County, **3.45%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.31%**.<sup>4</sup>

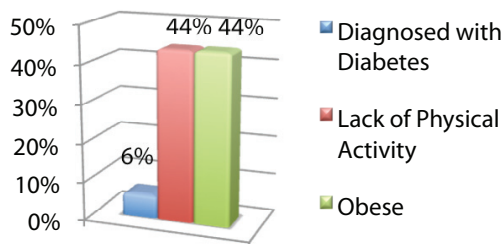
Access to health insurance is another important factor contributing to family well-being. In Cumberland County, **19%** of the people under age 65 are uninsured.<sup>5</sup>

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

- **76** people were involved in addressing issues in their community.
- Cumberland County Extension is involved in **16** community coalitions.
- **30** people were prepared to enter the workforce.

## OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Cumberland County. **Figure 2. Health Risks.**<sup>5</sup>



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

- **267** people increased knowledge of practices to maintain health and well-being.
- **70** people made lifestyle changes to improve health.
- **40** people increased knowledge of safe practices to store, handle, and prepare food.

## OUR FAMILIES

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

- **2,040** families reside in the county.
- **336** families (**16.4%**) live below poverty level.
- Median family income is **\$28,701**.
- **810** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **693** people in Cumberland County receive food stamps. The average family food stamp benefit is **\$181.15** per month.<sup>6</sup>

In the county, **11** children live in out-of-home care.<sup>7</sup>

In 2005, there were **24** incidents of adult abuse and **2** incidents of child abuse.<sup>8</sup>

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

- **654** adults and youth improved their ability to make informed and effective decisions.
- **103** people adopted money management practices to reduce debt and/or increase savings.
- **64** people increased their knowledge and skills related to parenting and personal relationships.

### SOURCES

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2009.

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

<sup>3</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, August 2009.

<sup>4</sup> TransUnion LLC., Trend Data, Quarter 1 2009.

<sup>5</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

<sup>6</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>7</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>8</sup> Kentucky Department for Public Health, County Health Priorities, 2004.