



## GARRARD 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 Garrard County resulting in strong families for Kentucky. Educational programs focus on:

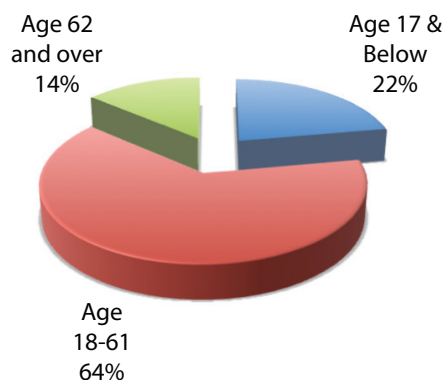
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **17,942** contacts with Garrard County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=14,792)

► 2008 estimates from the 2000 U.S. Census reported total population as **14,792**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## NURTURING FAMILIES

There has been an ongoing need for local parenting education programs in Garrard County for several years, and even more so since family court began ordering parent education programs this past spring. In response, Garrard County Extension worked with the Champions against Drugs and Violence Coalition to offer the "Parents Night Out" instructional series for 14 parents and guardians. During the program, the Family and Consumer Sciences agent conducted a session on Healthy Snacks. In an informal evaluation afterward, 100 percent of participants responded that they had learned new information about nutrition for children and 80 percent said they would try new recipes that were provided. Additionally, 80 percent responded positively to receiving weekly Extension mailings on nutrition, parenting, and family life concerns.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Garrard County was **12.3%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Garrard County, **2.85%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.87%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **103** foreclosures were filed.<sup>5</sup>

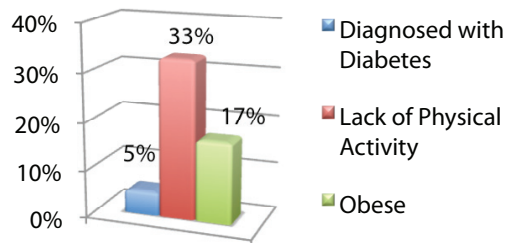
Access to health insurance is another important factor contributing to family well-being. In Garrard County, **14%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **15** people were involved in addressing issues of their community.
- **25** volunteers have worked over 500 hours to establish a community arts and theatre renovation.
- Garrard County Extension is involved in **4** community coalitions.

## OUR HEALTH

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



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

- **20** people increased knowledge of safe practices to store, handle, and prepare food.
- **20** people used safe practices to store, handle, and prepare food.
- **5** 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, Garrard County families can be described as follows:<sup>2</sup>

- **4,336** families reside in the county.
- **506** families (**11.6%**) live below poverty level.
- Median family income is **\$41,250**.
- **100** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,058** people in Garrard County receive food stamps. The average family food stamp benefit is **\$233.62** per month.<sup>7</sup>

In the county, **53** children live in out-of-home care.<sup>8</sup>

In 2005, there were **44** incidents of adult abuse and **16** incidents of child abuse.<sup>9</sup>

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

- **20** people increased their knowledge and skills related to parenting and personal relationships.
- **65** adults learned organizational skills to de-clutter their homes.

### 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 Administrative Office of the Courts, November, 2009.

<sup>6</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

<sup>7</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>8</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>9</sup> Kentucky Department for Public Health, County Health Priorities, 2004.