

**HARDIN 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 Hardin County resulting in strong families for Kentucky. Educational programs focus on:

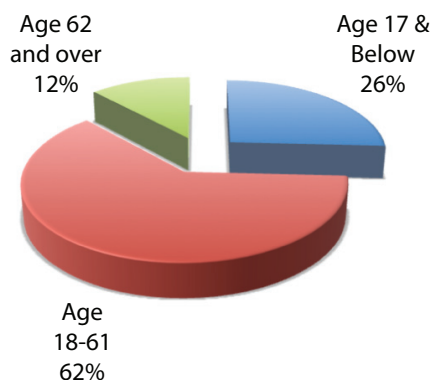
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **9,665** contacts with Hardin County families during 2007-2008.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=94,174)

► 2008 estimates from the 2000 U.S. Census reported total population as **94,174**.² The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

MAKING BENEFICIAL LIFESTYLE CHOICES

To promote healthy lifestyles among young people, 650 fourth- and fifth-graders from 24 organized school clubs in Hardin County completed hands-on activities from the “Jump into Food and Fitness” and “Exploring My Pyramid with/Professor Popcorn” curricula. In the first lesson, students were introduced to the My Pyramid food guide and learned to read and understand the Nutrition Facts label on food packaging. They then learned about portion size and continued learning about nutrition facts. In one hands-on activity, they compared the labels of several of their favorite foods and found many to be much higher in fat and calories than expected. A verbal survey following the two lessons revealed an increased awareness among students who read the nutrition labels on many of their favorite foods.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Hardin County was **10.4%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Hardin County, **2.36%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.67%**.⁴ In a one-year period (October 2008 through October 2009), **440** foreclosures were filed.⁵

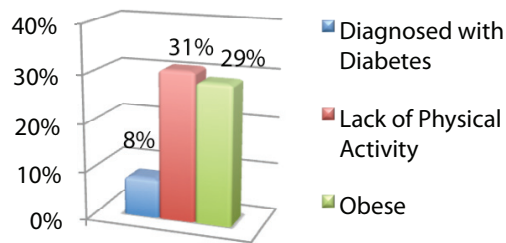
Access to health insurance is another important factor contributing to family well-being. In Hardin County, **13%** of the people under age 65 are uninsured.⁶

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

- **284** people were involved in addressing issues of their community.
- **23** people increased their knowledge of governmental process.
- **111** 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 Hardin County.
*Figure 2. Health Risks.*⁶



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

- **150** people increased knowledge of practices to maintain health and well-being.
- **210** people increased knowledge of safe practices to store, handle, and prepare food.
- **160** people developed skills to access affordable food.

OUR FAMILIES

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

- **25,347** families reside in the county.
- **2,092** families (**8.2%**) live below poverty level.
- Median family income is **\$43,610**.
- **823** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **4,364** people in Hardin County receive food stamps. The average family food stamp benefit is **\$235.80** per month.⁷

In the county, **310** children live in out-of-home care.⁸

In 2005, there were **279** incidents of adult abuse and **374** incidents of child abuse.⁹

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

- **582** adults and youth improved their ability to make informed and effective decisions.
- **174** people adopted money management practices to reduce debt and/or increase savings.
- **300** 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.