



## HICKMAN 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 Hickman County resulting in strong families for Kentucky. Educational programs focus on:

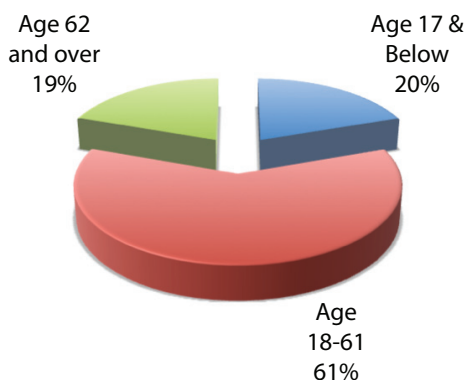
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **10,416** contacts with Hickman County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=5,262)

► 2008 estimates from the 2000 U.S. Census reported total population as **5,262**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

The Centers for Disease Control and Prevention released the results of a study ranking Kentucky as the least active state in the nation. As a result, 62 percent of Kentucky's adult population and 15 percent of its youth are overweight. "Weight, The Reality Series" is Extension's answer to the problem. In September 2008, 17 Hickman County women embarked on a journey to lose weight or have better control of their weight. As part of the program, they kept journals and weighed-in weekly. They also had time to share, make and taste a healthy new recipe, participate in a movement activity, and listen to a program on a food and health behavior modification technique. Participants lost a combined 109.8 lbs and 31.25 inches from their waistline.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Hickman County was **9.5%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Hickman County, **72%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.35%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **7** foreclosures were filed.<sup>5</sup>

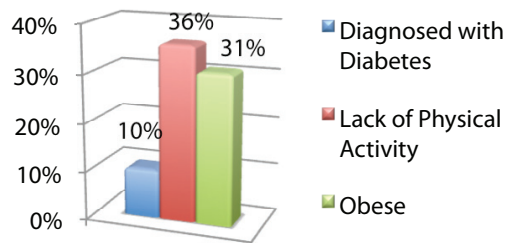
Access to health insurance is another important factor contributing to family well-being. In Hickman County, **15%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **50** people were involved in addressing issues of their community.
- **10** people increased their knowledge of governmental process.
- **73** 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 Hickman County. **Figure 2. Health Risks.**<sup>6</sup>



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

- **350** people increased knowledge of practices to maintain health and well-being.
- **210** people increased knowledge of safe practices to store, handle, and prepare food.
- **250** people implemented practices to maintain health and well-being.

## OUR FAMILIES

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

- **1,542** families reside in the county.
- **220** families (**14.2%**) live below poverty level.
- Median family income is **\$37,049**.
- **41** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **284** people in Hickman County receive food stamps. The average family food stamp benefit is **\$184.43** per month.<sup>7</sup>

In the county, **10** children live in out-of-home care.<sup>8</sup>

In 2005, there were **24** incidents of adult abuse and **3** incidents of child abuse.<sup>9</sup>

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

- **125** adults and youth improved their ability to make informed and effective decisions.
- **15** people increased their knowledge and skills related to parenting and personal relationships.
- **150** adults and youth improved practical living skills.

### 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.