



## JEFFERSON 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 Jefferson County resulting in strong families for Kentucky. Educational programs focus on:

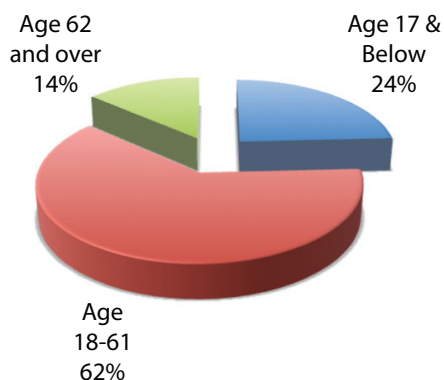
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **73,700** contacts with Jefferson County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=693,604)

► 2008 estimates from the 2000 U.S. Census reported total population as **693,604**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

In order to address concerns over health risks associated with being overweight, Jefferson County Family & Consumer Sciences Extension started the Master Food Volunteer Program (MFVP). The program was developed on the premise that a group of volunteers could reach more people and complement the extension agents and nutrition assistants in teaching correct portion size, the benefits of consuming more fruits and vegetables, and the importance of choosing healthy snacks. Fifty-seven people from diverse backgrounds and age groups have participated in the five day training. Topics included standard-based nutrition and its effect on diabetes and heart disease, international foods, and working with several targeted populations. The fifty-seven Master Food volunteers have given over 1,590 hours teaching nutrition classes and have reached over 4,756 at-risk youth and adults.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Jefferson County was **10.6%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Jefferson County, **3.28%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.47%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **4,129** foreclosures were filed.<sup>5</sup>

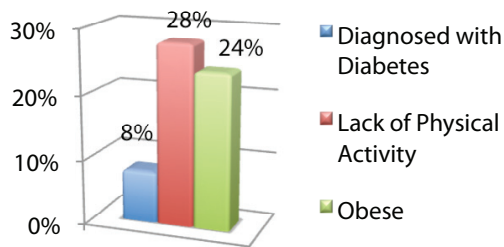
Access to health insurance is another important factor contributing to family well-being. In Jefferson County, **11%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **397** people increased their knowledge of governmental process.
- **125** people were prepared to enter the work force.
- **740** 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 Jefferson County. **Figure 2. Health Risks.**<sup>6</sup>



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

- **2,055** people increased knowledge of practices to maintain health and well-being.
- **255** people used safe practices to store, handle, and prepare food.
- **1,037** people developed skills to access affordable food.

## OUR FAMILIES

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

- **182,971** families reside in the county.
- **17,526** families (**9.5%**) live below poverty level.
- Median family income is **\$49,161**.
- **6,371** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **43,589** people in Jefferson County receive food stamps. The average family food stamp benefit is **\$226.05** per month.<sup>7</sup>

In the county, **2,288** children live in out-of-home care.<sup>8</sup> In 2005, there were **2,697** incidents of adult abuse and **3,165** incidents of child abuse.<sup>9</sup>

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

- **1,789** adults and youth improved their ability to make informed and effective decisions.
- **1,900** people adopted money management practices to reduce debt and/or increase savings.
- **215** 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 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.