



## COMMONWEALTH OF KENTUCKY

Family & Consumer Sciences Extension

# 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 Kentucky. Educational programs focus on:

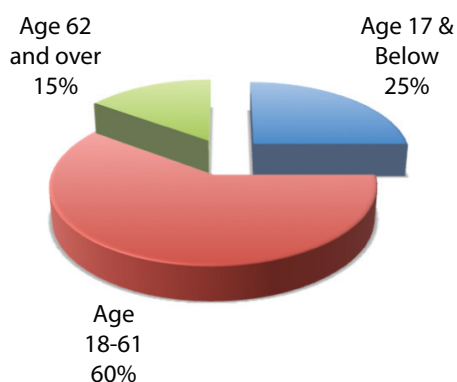
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made over **1,815,063** contacts with Kentucky families during 2008-2009.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=4,269,245)

- 2008 estimates from the 2000 U.S. Census reported total population as **4,269,245**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## FEATURED PROGRAMS

**D**uring 2008 – 2009, Family and Consumer Sciences Extension collected detailed impact data for three specific programs. The following outcomes were documented through these programs.<sup>1</sup>

- **39%** of participants in “Weight – the Reality Series – Body Image” succeeded in losing 5% of their initial weight during the program.
- **75%** of children who participated in “LEAP – Literacy, Eating, and Activity for Preschool” increased their level of physical activity.
- **41%** of participants in “Small Steps to Health and Wealth” changed at least one behavior such as reducing calorie intake, increasing physical activity, reducing expenses, or increasing income.



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Kentucky was **10.8%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Kentucky, **2.47%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.93%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **14,463** foreclosures were filed.<sup>5</sup>

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

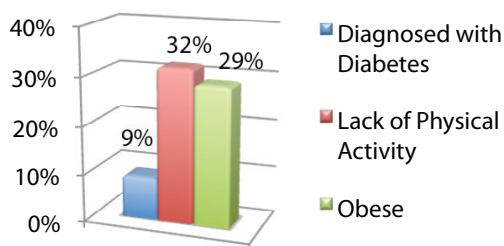
### As a result of participation in Kentucky Extension programs:<sup>1</sup>

- **28,976** people were involved in addressing issues of their community.
- **24,700** people increased their knowledge of governmental process.
- **24,418** people expanded their knowledge of economic development.
- Cooperative Extension is involved in **2,394** community coalitions

## OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Kentucky.

Figure 2. Health Risks.<sup>6</sup>



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

- **113,668** people increased knowledge of practices to maintain health and well-being.
- **54,257** people increase knowledge of safe practices to store, handle, and prepare food.
- **38,871** people developed skills to access affordable food.

## OUR FAMILIES

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

- **1,110,426** families reside in the state.
- **140,519** families (**12.7%**) live below poverty level.
- Median family income is **\$40,939**.
- **35,818** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **639,394** people in Kentucky receive food stamps. The average family food stamp benefit is **\$217.28** per month.<sup>7</sup>

In the Kentucky, **12,971** children live in out-of-home care.<sup>8</sup> In 2005,

there were **7,583** incidents of adult abuse and **16,024** incidents of child abuse.<sup>9</sup>

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

- **94,180** adults and youth improved their ability to make informed and effective decisions.
- **28,289** people adopted money management practices to reduce debt and/or increase savings.
- **22,113** 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.