



KNOTT 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 Knott County resulting in strong families for Kentucky. Educational programs focus on:

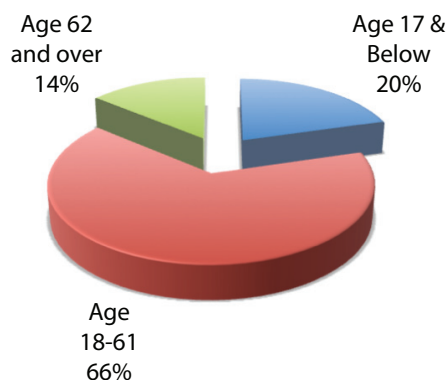
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **30,920** contacts with Knott County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=17,649)

► 2008 estimates from the 2000 U.S. Census reported total population as **17,649**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Statistics from U.S. Center for Disease Control indicate that, in 2007, 28 percent of Knott County's population was obese and 40 percent did not participate in any physical activity. To address this issue, the Knott Extension staff was invited by the local radio station to provide nutrition and health-related information at the radio station's annual 12-week weight loss program. The Family and Consumer Sciences agent and the Nutrition Education Program paraprofessional taught nutrition education at every meeting using information from "Weight, The Reality Series." In post-evaluations, 25 percent said they lost 5 percent of their initial weight, an average of 7 pounds.

Twenty-two percent reported a decrease in blood pressure, and one participant decreased her cholesterol by 40 points. All reported having more energy, being more active, and eating healthier.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Knott County was **12.5%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Knott County, **2.07%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.94%**.⁴ In a one-year period (October 2008 through October 2009), **3** foreclosures were filed.⁵

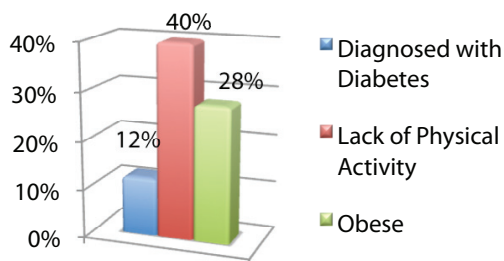
Access to health insurance is another important factor contributing to family well-being. In Knott County, **17%** of the people under age 65 are uninsured.⁶

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

- **211** people were involved in addressing issues of their community.
- **75** people increased their knowledge of governmental process.
- **205** 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 Knott County.
*Figure 2. Health Risks.*⁶



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

- **1,130** people increased knowledge of practices to maintain health and well-being.
- **1,010** people used safe practices to store, handle, and prepare food.
- **592** people developed skills to access affordable food.

OUR FAMILIES

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

- **4,992** families reside in the county.
- **1,313** families (**26.2%**) live below poverty level.
- Median family income is **\$24,930**.
- **122** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,311** people in Knott County receive food stamps. The average family food stamp benefit is **\$197.16** per month.⁷

In the county, **69** children live in out-of-home care.⁸

In 2005, there were **56** incidents of adult abuse and **160** incidents of child abuse.⁹

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

- **1,705** adults and youth improved their ability to make informed and effective decisions.
- **120** people adopted money management practices to reduce debt and/or increase savings.
- **565** people increased their knowledge and skills related to parenting and personal relationships.

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.