



## MCCREARY 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 McCreary County resulting in strong families for Kentucky. Educational programs focus on:

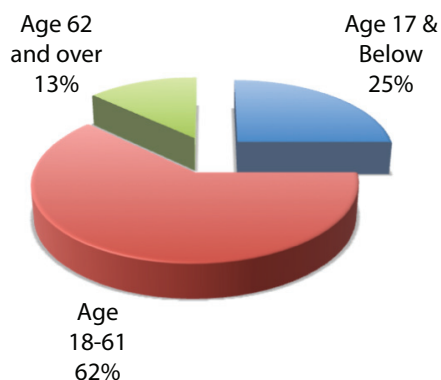
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **4,485** contacts with McCreary County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=17,080)

► 2008 estimates from the 2000 U.S. Census reported total population as **17,080**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

McCreary County citizens had the opportunity to participate in two 12-week programs that promoted physical activity and healthy weight management through Extension's "Get Moving" and "Weight, The Reality Series" programs. McCreary County Extension partnered with the county health department to offer this program, which included weekly weigh-ins, physical activity and educational sessions, as well as weekly incentives. Twenty-three people participated in the program, with 15 completing the entire 12 weeks. Five people reached the goal of losing at least 7 percent of their body weight during the program. A total of 206 pounds were lost, representing an average weight loss of 6.33 pounds per person. Positive behavioral changes, including eating breakfast daily and controlling food portions, were reported by 85 percent of participants.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in McCreary County was **14%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In McCreary County, **2.11%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.39%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **8** foreclosures were filed.<sup>5</sup>

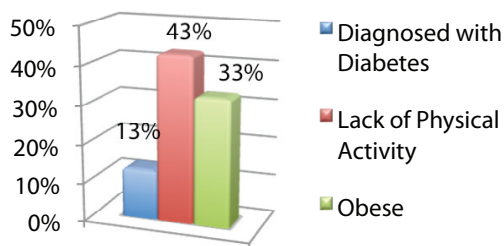
Access to health insurance is another important factor contributing to family well-being. In McCreary County, **24%** of the people under age 65 are uninsured.<sup>6</sup>

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

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



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

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

## OUR FAMILIES

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

- **4,756** families reside in the county.
- **1,244** families (**26.1%**) live below poverty level.
- Median family income is **\$22,261**.
- **190** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,651** people in McCreary County receive food stamps. The average family food stamp benefit is **\$207.20** per month.<sup>7</sup>

In the county, **2** children live in out-of-home care.<sup>8</sup>

In 2005, there were **34** incidents of adult abuse and **151** incidents of child abuse.<sup>9</sup>

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

- **200** adults and youth improved their ability to make informed and effective decisions.
- **150** people adopted money management practices to reduce debt and/or increase savings.
- **100** 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.