



MONROE 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 Monroe County resulting in strong families for Kentucky. Educational programs focus on:

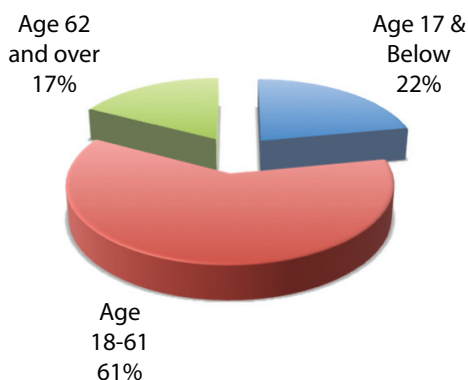
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **5,334** contacts with Monroe County families during 2007-2008.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=11,756)

► 2008 estimates from the 2000 U.S. Census reported total population as **11,756**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

Teaching youth that healthy eating can be both economical and easy has been identified as a major need in Monroe County. To address this need, the Monroe County 4-H Youth Development agent conducted after-school programs for 70 children in two elementary schools. Students in grades three through five participated in foods and nutrition programming using Extension's "Jump into Foods and Fitness" and "Six Easy Bites" curriculum. Programming focused on teaching easy, economical ways to prepare healthy snacks and meals, with an emphasis on fun-to-make healthy snacks vs. purchasing prepackaged snacks. Following the programs, 80 percent of participants stated they had prepared healthy snacks at home, 76 percent said they understood how to read food labels, and 82 percent said they understood good health guidelines.¹



OUR COMMUNITY

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

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Monroe County, **1.53%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.86%**.⁴ In a one-year period (October 2008 through October 2009), **24** foreclosures were filed.⁵

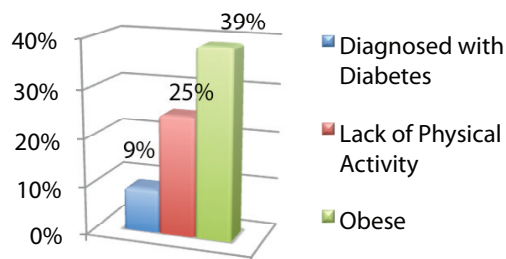
Access to health insurance is another important factor contributing to family well-being. In Monroe County, **18%** of the people under age 65 are uninsured.⁶

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

- **341** people were involved in addressing issues of their community.
- **133** people increased their knowledge of governmental process.
- **25** people were prepared to enter the work force.

OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Monroe County. **Figure 2. Health Risks.**⁶



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

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

OUR FAMILIES

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

- **3,380** families reside in the county.
- **681** families (**20%**) live below poverty level.
- Median family income is **\$27,112**.
- **160** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,032** people in Monroe County receive food stamps. The average family food stamp benefit is **\$188.57** per month.⁷

In the county, **25** children live in out-of-home care.⁸

In 2005, there were **25** incidents of adult abuse and **46** incidents of child abuse.⁹

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

- **320** adults and youth improved their ability to make informed and effective decisions.
- **320** adults and youth improved practical living skills.
- **320** youth gained one or more life skills.

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.