



MORGAN 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 Morgan County resulting in strong families for Kentucky. Educational programs focus on:

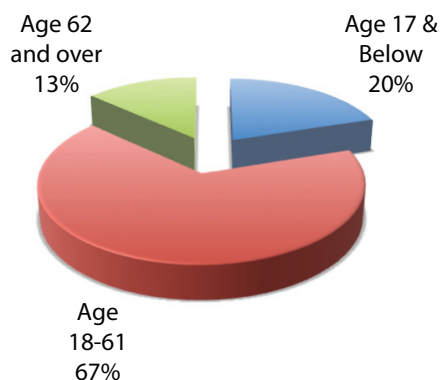
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **17,634** contacts with Morgan County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=13,948)

► 2008 estimates from the 2000 U.S. Census reported total population as **13,948**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

In Morgan County, where cardiovascular disease is identified as the #1 cause of death, 27 percent of the population lives in poverty and only 56 percent of the residents completed high school. Extension joined forces with health department staff, Homemakers, hospital and school personnel, and a diabetes coalition to provide educational opportunities to help improve our citizens' lifestyles. One program we offered addressed the issue of weight management. We taught 56 participants in three groups how to plan healthy meals, create shopping lists, integrate physical activity into daily routines, count calories and read nutrition labels. Over a 10-week period, this information resulted in 102 pounds lost. Additionally, 75 percent of participants recorded improved eating habits and 68 percent increased their physical activity.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Morgan County was **15.4%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Morgan County, **3.24%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **3.34%**.⁴ In a one-year period (October 2008 through October 2009), **8** foreclosures were filed.⁵

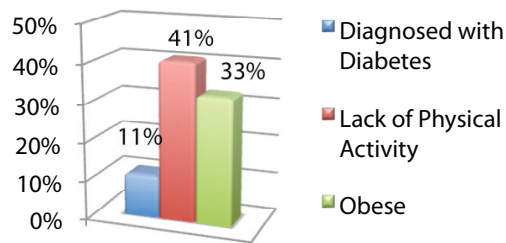
Access to health insurance is another important factor contributing to family well-being. In Morgan County, **18%** of the people under age 65 are uninsured.⁶

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

- **380** people were involved in addressing issues of their community.
- **700** people increased their knowledge of governmental process.
- **48** 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 Morgan County. **Figure 2. Health Risks.**⁶



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

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

OUR FAMILIES

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

- **3,570** families reside in the county.
- **844** families (**23.5%**) live below poverty level.
- Median family income is **\$26,135**.
- **132** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,486** people in Morgan County receive food stamps. The average family food stamp benefit is **\$196.85** per month.⁷

In the county, **33** children live in out-of-home care.⁸

In 2005, there were **34** incidents of adult abuse and **76** incidents of child abuse.⁹

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

- **742** adults and youth improved their ability to make informed and effective decisions.
- **111** people increased their knowledge and skills related to parenting and personal relationships.
- **90** adult or child care providers increased their knowledge and skills related to age appropriate care.

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.