



NICHOLAS 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 Nicholas County resulting in strong families for Kentucky. Educational programs focus on:

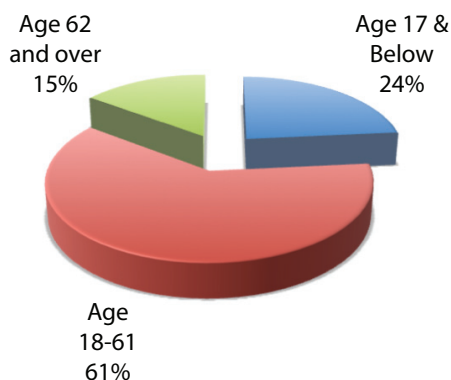
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **3,706** contacts with Nicholas County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=6,813)

► 2008 estimates from the 2000 U.S. Census reported total population as **6,813**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

The recent worldwide recession has taken its toll on Nicholas County. Our unemployment rate is at 12 percent, an all-time high, while the cost of living is on the increase. As a result, more families are growing and preserving their own food for the first time. Nicholas County Extension held a series of hands-on food preservation workshops to educate participants about freezing, drying and canning food products. We also publicized the availability of food preservation publications and fielded an increase in related questions and concerns. Through a pre-test and post-test evaluation, 20 participants said they gained knowledge on new techniques of freezing and drying modern food products. All said they will practice the preservation techniques based upon the USDA guidelines.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Nicholas County was **12.6%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Nicholas County, **5.35%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **0.79%**.⁴ In a one-year period (October 2008 through October 2009), **38** foreclosures were filed.⁵

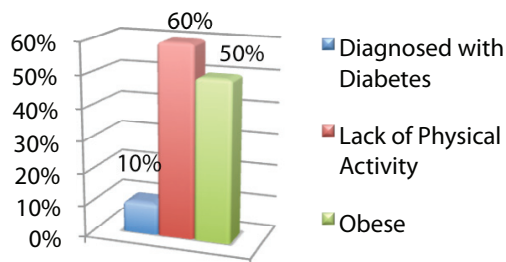
Access to health insurance is another important factor contributing to family well-being. In Nicholas County, **13%** of the people under age 65 are uninsured.⁶

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

- **102** people were involved in addressing issues of their community.
- **80** people increased their knowledge of governmental process.
- **30** 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 Nicholas County. **Figure 2. Health Risks.**⁶



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

- **50** people increased knowledge of practices to maintain health and well-being.
- **45** people developed skills to access affordable food.
- **20** people implemented practices to maintain health and well-being.

OUR FAMILIES

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

- **1,952** families reside in the county.
- **190** families (**9.7%**) live below poverty level.
- Median family income is **\$35,491**.
- **85** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **545** people in Nicholas County receive food stamps. The average family food stamp benefit is **\$224.03** per month.⁷

In the county, **10** children live in out-of-home care.⁸

In 2005, there were **13** incidents of adult abuse and **11** incidents of child abuse.⁹

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

- **50** adults and youth improved their ability to make informed and effective decisions.
- **8** people adopted money management practices to reduce debt and/or increase savings.
- **8** 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.