



## POWELL 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 Powell County resulting in strong families for Kentucky. Educational programs focus on:

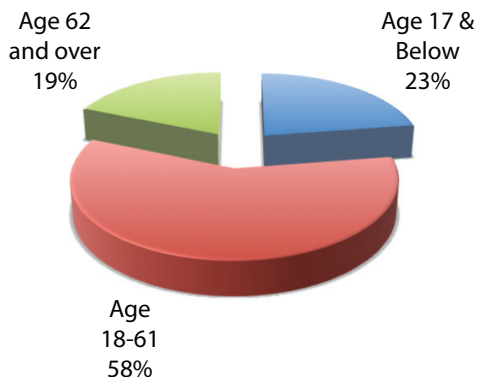
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **15,205** contacts with Powell County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=13,237)

► 2008 estimates from the 2000 U.S. Census reported total population as **13,237**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

Powell County ranks in the highest quintile of deaths related to cancer and heart disease. To address this important health issue, the Family and Consumer Sciences agent partnered with the local health department to present a 10-week "Get Moving to Lose the Weight" educational program. Objectives of the program were to encourage participants to make healthier lifestyle choices, become more physically active and lose weight. Weekly topics included meal planning, fats, sugars, sodium, portion sizes and control, altering recipes, food labels, eating out/fast foods, healthy snacks, diseases related to obesity, and physical activity. Participants lost a total of 95 pounds and 13.5 inches, with the Powell County judge-executive losing the most weight. Seventy-five percent reported an increase in physical activity as a direct result of the program.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Powell County was **16.6%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Powell County, **3.49%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **3.45%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **37** foreclosures were filed.<sup>5</sup>

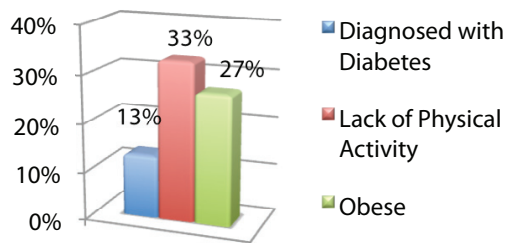
Access to health insurance is another important factor contributing to family well-being. In Powell County, **16%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **75** people were involved in addressing issues of their community.
- **80** people were prepared to enter the work force.
- **100** 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 Powell County.  
*Figure 2. Health Risks.*<sup>6</sup>



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

- **650** people increased knowledge of practices to maintain health and well-being.
- **500** people used safe practices to store, handle, and prepare food.
- **800** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

## OUR FAMILIES

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

- **3,784** families reside in the county.
- **719** families (**18.9%**) live below poverty level.
- Median family income is **\$30,483**.
- **145** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,598** people in Powell County receive food stamps. The average family food stamp benefit is **\$220.13** per month.<sup>7</sup>

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

In 2005, there were **53** incidents of adult abuse and **75** incidents of child abuse.<sup>9</sup>

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

- **460** 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.
- **505** 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.