



ROCKCASTLE COUNTY

Hazel Jackson, County Extension Agent
 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 Rockcastle County resulting in strong families for Kentucky. Educational programs focus on:

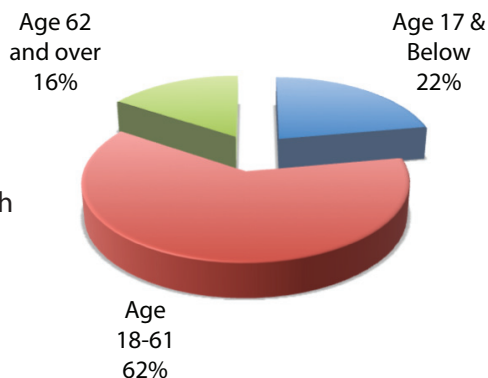
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **16,339** contacts with Rockcastle County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=16,582)

► 2008 estimates from the 2000 U.S. Census reported total population as **16,582**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

According to the Kentucky Risk Assessment (2004), one of Rockcastle County's most prevalent risk factors for premature death is the high incidence of obesity. Thirty-seven percent of Rockcastle County adults are obese, in comparison to 29 percent statewide and 24 percent nationally. During fall 2008 we offered "The Biggest Loser" program to our citizens. The 11-week program was based on Extension's "Weight, The Reality Series" curriculum. Twenty-eight people completed the program, which included weekly educational and exercise sessions. By the end, participants had lost a total of 313 pounds. The participant with the highest percent of weight loss lost 31.6 pounds, which equals 13 percent of her body weight. Fifteen attendees have continued to meet each week at the Extension office for exercise and weigh-ins.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Rockcastle County was **13.9%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Rockcastle County, **3.48%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.79%**.⁴ In a one-year period (October 2008 through October 2009), **43** foreclosures were filed.⁵

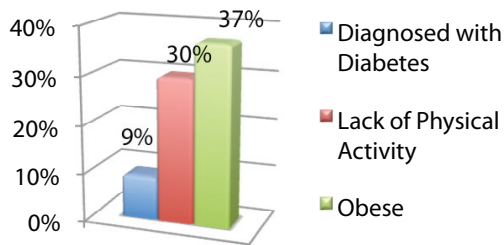
Access to health insurance is another important factor contributing to family well-being. In Rockcastle County, **16%** of the people under age 65 are uninsured.⁶

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

- **42** people were involved in addressing issues of their community.
- **40** people increased their knowledge of governmental process.
- **5** 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 Rockcastle County. **Figure 2. Health Risks.**⁶



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

- **990** people increased knowledge of practices to maintain health and well-being.
- **245** people increase knowledge of safe practices to store, handle, and prepare food.
- **200** 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, Rockcastle County families can be described as follows:²

- **4,763** families reside in the county.
- **911** families (**19.1%**) live below poverty level.
- Median family income is **\$30,278**.
- **172** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,638** people in Rockcastle County receive food stamps. The average family food stamp benefit is **\$213.61** per month.⁷

In the county, **54** children live in out-of-home care.⁸

In 2005, there were **39** incidents of adult abuse and **45** incidents of child abuse.⁹

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

- **31** people increased their knowledge and skills related to parenting and personal relationships.
- **116** adults and youth improved practical living skills.
- **112** 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.