



RUSSELL 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 Russell County resulting in strong families for Kentucky. Educational programs focus on:

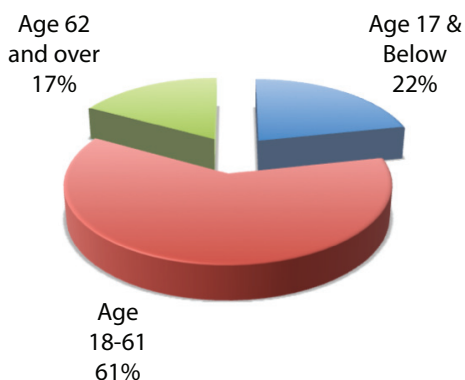
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **9,413** contacts with Russell County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=16,315)

► 2008 estimates from the 2000 U.S. Census reported total population as **16,315**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

SECURING FINANCIAL STABILITY

Russell County Family and Consumer Sciences sponsored a series of six weekly sessions of Extension's "Small Steps to Health and Wealth" program. Our goal was to tackle the problem of obesity and other health issues related to inactivity and poor nutrition, as well as to address the financial health of people living "paycheck to paycheck." Fifty-five people attended, half of who attended all six sessions. Topics covered during the 10-week program include "Make a Commitment," "Track Your Current Behavior," "Think Balance, Not Sacrifice," "Put Your Mind to It," "Automate Good Habits" and "Live the Power of 10." Several individuals requested workbooks to complete the program by self-study at home. All hand-outs and were made available to the public on the county Web site.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Russell County was **11%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Russell County, **3.29%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.46%**.⁴ In a one-year period (October 2008 through October 2009), **51** foreclosures were filed.⁵

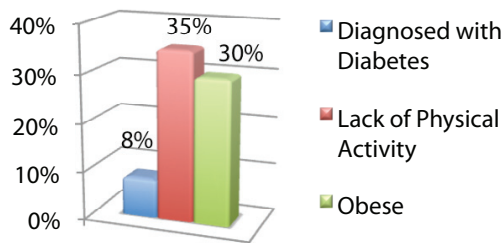
Access to health insurance is another important factor contributing to family well-being. In Russell County, **17%** of the people under age 65 are uninsured.⁶

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

- **40** people were involved in addressing issues of their community.
- **25** people increased their knowledge of governmental process.
- Russell County Extension is involved in **5** community coalitions.

OUR HEALTH

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



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

- **310** people increase knowledge of safe practices to store, handle, and prepare food.
- **150** people developed skills to access affordable food.
- **250** 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, Russell County families can be described as follows:²

- **4,796** families reside in the county.
- **987** families (**20.4%**) live below poverty level.
- Median family income is **\$27,803**.
- **152** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,788** people in Russell County receive food stamps. The average family food stamp benefit is **\$194.55** per month.⁷

In the county, **34** children live in out-of-home care.⁸

In 2005, there were **109** incidents of adult abuse and **18** incidents of child abuse.⁹

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

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