



## SHELBY 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 Shelby County resulting in strong families for Kentucky. Educational programs focus on:

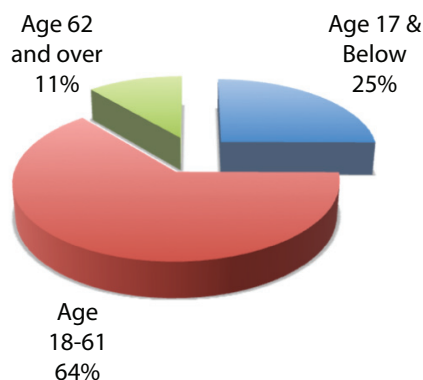
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **24,614** contacts with Shelby County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=33,337)

► 2008 estimates from the 2000 U.S. Census reported total population as **33,337**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

The Shelby County Family and Consumer Sciences agent and 4-H assistant presented the nutrition education program “Healthy Eating-Healthy You” to 434 fourth- and fifth-grade students. The students were encouraged to eat breakfast, choose healthy snacks and nutritious drinks, and eat five servings of fruits and vegetables each day. Following the presentation, each student wrote down one new nutrition fact to share with family and friends. A follow-up survey of 266 students revealed that 89 percent were eating breakfast, 54 percent were eating at least five servings of fruits and vegetables, 89 percent were choosing nutritious drinks and 68 percent were choosing healthy snacks. Several teachers requested that the program be presented each year to help ensure their students’ health and school success.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Shelby County was **10%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Shelby County, **2.25%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.31%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **230** foreclosures were filed.<sup>5</sup>

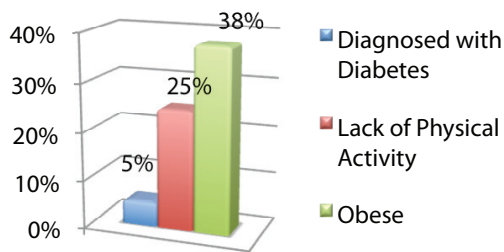
Access to health insurance is another important factor contributing to family well-being. In Shelby County, **12%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **109** people were involved in addressing issues of their community.
- **179** people increased their knowledge of governmental process.
- **106** 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 Shelby County.  
*Figure 2. Health Risks.*<sup>6</sup>



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

- **2,092** people increased knowledge of practices to maintain health and well-being.
- **599** people increase knowledge of safe practices to store, handle, and prepare food.
- **352** people implemented practices to maintain health and well-being.

## OUR FAMILIES

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

- **9,121** families reside in the county.
- **597** families (**6.5%**) live below poverty level.
- Median family income is **\$52,764**.
- **229** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,742** people in Shelby County receive food stamps. The average family food stamp benefit is **\$225.43** per month.<sup>7</sup>

In the county, **81** children live in out-of-home care.<sup>8</sup>

In 2005, there were **70** incidents of adult abuse and **93** incidents of child abuse.<sup>9</sup>

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

- **685** adults and youth improved their ability to make informed and effective decisions.
- **40** people adopted money management practices to reduce debt and/or increase savings.
- **355** 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.