



SPENCER COUNTY

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

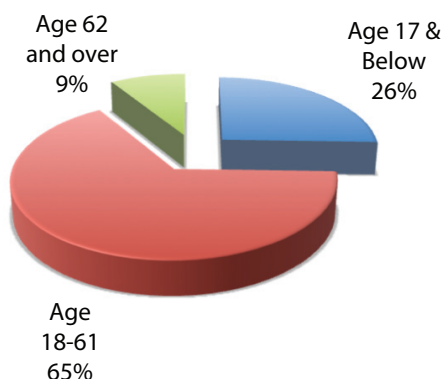
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **1,919** contacts with Spencer County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=11,766)

► 2008 estimates from the 2000 U.S. Census reported total population as **11,766**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Far too many teens and young adults are inactive and have poor nutritional habits, which can lead to obesity and other health problems. To address these issues, the Spencer County 4-H and Family and Consumer Sciences (FCS) agents conducted a six-week exercise and nutrition education program for Spencer County middle and high school girls. Eight girls and two adults participated. The FCS agent taught a 45-minute Zumba exercise class to get them active and get their heart rates up. The 4-H agent used the curriculum "Jump into Food and Fitness" to teach them about healthy snacks and good nutrition. In the participant wrap-up survey, some of the positive results reported were increased physical activity, understanding of the new My-Pyramid food guide, and increased knowledge about nutrition and healthy snacks.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Spencer County was **10.3%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Spencer County, **3.40%** 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), **132** foreclosures were filed.⁵

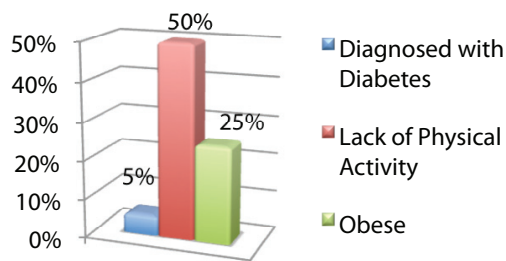
Access to health insurance is another important factor contributing to family well-being. In Spencer County, **10%** of the people under age 65 are uninsured.⁶

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

- **2,675** people were involved in addressing issues of their community.
- **2,460** people increased their knowledge of governmental process.
- **1,050** people were prepared to enter the work force.

OUR HEALTH

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



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

- **4,050** people increased knowledge of practices to maintain health and well-being.
- **1,050** people used safe practices to store, handle, and prepare food.
- **2,050** people developed skills to access affordable food.

OUR FAMILIES

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

- **3,357** families reside in the county.
- **263** families (**7.7%**) live below poverty level.
- Median family income is **\$52,038**.
- **96** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **491** people in Spencer County receive food stamps. The average family food stamp benefit is **\$220.61** per month.⁷

In the county, **26** children live in out-of-home care.⁸

In 2005, there were **70** incidents of adult abuse and **27** incidents of child abuse.⁹

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

- **3,050** adults and youth improved their ability to make informed and effective decisions.
- **985** people adopted money management practices to reduce debt and/or increase savings.
- **1,575** 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.