

**TRIGG COUNTY**

Cecelia Hostilo, County Extension Agent  
Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY

**OUR FOCUS**

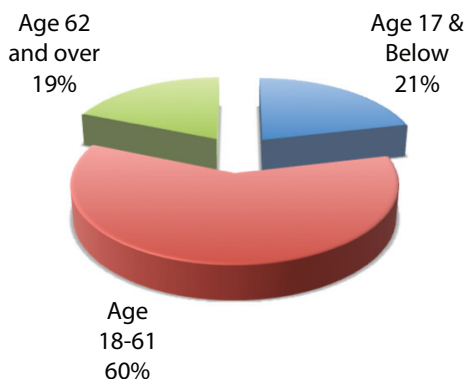
► Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Trigg County resulting in strong families for Kentucky. Educational programs focus on:

**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**

**OUR PEOPLE**

Figure 1. Population by Age Group<sup>2</sup> (n=12,597)

► 2008 estimates from the 2000 U.S. Census reported total population as **12,597**.<sup>2</sup> The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

## MAKING BENEFICIAL LIFESTYLE CHOICES

Being healthy for life has become an increasingly important goal as more children deal with obesity and inactivity. To teach nutrition, fitness and food preparation skills, Trigg County Extension agents and volunteers presented the "Terrific Tuesday" program, program for children in second through eighth grades. Each month we prepared foods that were nutritious but tasty and stressed the importance of eating healthy by eating a variety of foods. Portion control and reading the nutrition label were likewise emphasized, as was the importance of physical activity. As a result of this program, 30 percent of the 28 students indicated they are reading nutrition labels, 60 percent said they are eating healthier foods, 70 percent indicated they were cooking at home and 55 percent have added physical activity to their daily activities.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Trigg County was **16.7%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Trigg County, **2.09%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.56%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **11** foreclosures were filed.<sup>5</sup>

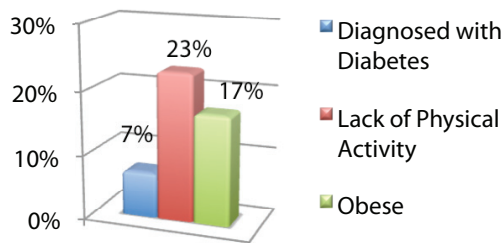
Access to health insurance is another important factor contributing to family well-being. In Trigg County, **12%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **55** people were involved in addressing issues of their community.
- **35** people increased their knowledge of governmental process.
- **60** 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 Trigg County.  
*Figure 2. Health Risks.*<sup>6</sup>



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

- **175** people increased knowledge of practices to maintain health and well-being.
- **150** people increase knowledge of safe practices to store, handle, and prepare food.
- **180** people developed skills to access affordable food.

## OUR FAMILIES

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

- **3,767** families reside in the county.
- **333** families (**8.8%**) live below poverty level.
- Median family income is **\$40,886**.
- **109** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **636** people in Trigg County receive food stamps. The average family food stamp benefit is **\$216.14** per month.<sup>7</sup>

In the county, **7** children live in out-of-home care.<sup>8</sup>

In 2005, there were **61** incidents of adult abuse and **43** incidents of child abuse.<sup>9</sup>

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

- **350** adults and youth improved their ability to make informed and effective decisions.
- **100** people increased their knowledge and skills related to parenting and personal relationships.
- **100** adults and youth improved practical living skills.

### 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.