



TRIMBLE COUNTY

Jane Proctor, 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 Trimble County resulting in strong families for Kentucky. Educational programs focus on:

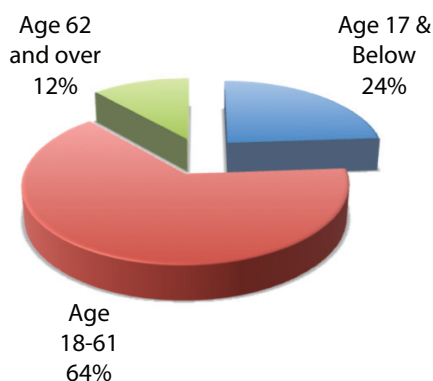
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **7,715** contacts with Trimble County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=8,125)

► 2008 estimates from the 2000 U.S. Census reported total population as **8,125**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Trimble County Extension found evidence that reading books that focus on preparing and eating healthy foods and being physically active may motivate children to adopt positive food and physical activity behaviors. With that in mind, we collaborated with Trimble County schools to offer the "Literacy, Eating and Activity for Preschoolers" to approximately 70 preschoolers. The Family and Consumer Sciences agent, along with local volunteers, read stories twice a month that introduced nutritious foods, concepts of staying healthy and physical activity. As a result of the program, students showed increased participation in physical activity, were more inclined to taste unfamiliar fruits and vegetables, and were more apt to eat fruits and vegetables at mealtime. Parents were also informed about the importance of proper nutrition and physical activity via newsletters sent home.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Trimble County was **11.9%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Trimble County, **1.77%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.93%**.⁴ In a one-year period (October 2008 through October 2009), **29** foreclosures were filed.⁵

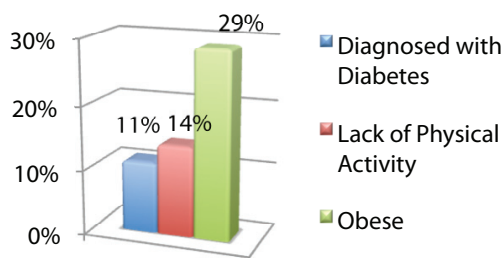
Access to health insurance is another important factor contributing to family well-being. In Trimble County, **14%** of the people under age 65 are uninsured.⁶

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

- **77** people were involved in addressing issues of their community.
- **26** people increased their knowledge of governmental process.
- **52** 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 Trimble County. **Figure 2. Health Risks.**⁶



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

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

OUR FAMILIES

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

- **2,297** families reside in the county.
- **231** families (**10%**) live below poverty level.
- Median family income is **\$41,925**.
- **126** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **537** people in Trimble County receive food stamps. The average family food stamp benefit is **\$235.02** per month.⁷

In the county, **6** children live in out-of-home care.⁸

In 2005, there were **26** incidents of adult abuse and **26** incidents of child abuse.⁹

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

- **125** adults and youth improved their ability to make informed and effective decisions.
- **300** adults and youth improved practical living 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.