



## WEBSTER 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 Webster County resulting in strong families for Kentucky. Educational programs focus on:

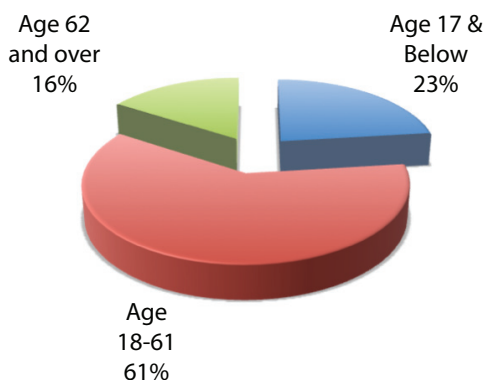
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **3,221** contacts with Webster County families during 2007-2008.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=14,120)

► 2008 estimates from the 2000 U.S. Census reported total population as **14,120**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## ACCESSING NUTRITIOUS FOOD

The Webster County Nutrition Education Program paraprofessional taught 44 limited-resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. Of those families, 100 percent made an improvement in the nutritional quality of their diets, and 88 percent consumed a diet of higher quality because they planned meals using the MyPyramid food guide, considered healthy choices, and used the Nutrition Facts label. Additionally, 100 percent of families increased the frequency of moderate physical activity for 30 minutes per day and began feeding their children breakfast, 75 percent demonstrated an improvement in safe food handling practices and hand washing behavior, and 63 percent learned to plan meals ahead of time and use a grocery list to guide food selections.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Webster County was **8.9%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Webster County, **1.87%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.07%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **25** foreclosures were filed.<sup>5</sup>

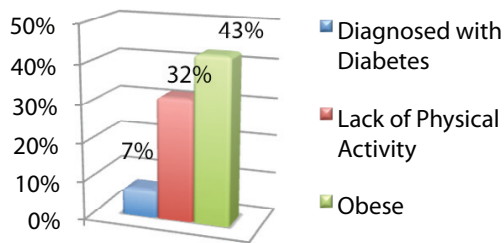
Access to health insurance is another important factor contributing to family well-being. In Webster County, **14%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **93** people were involved in addressing issues of their community.
- **23** people increased their knowledge of governmental process.
- **130** 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 Webster County. **Figure 2. Health Risks.**<sup>6</sup>



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

- **120** people increased knowledge of practices to maintain health and well-being.
- **60** people increase knowledge of safe practices to store, handle, and prepare food.
- **54** people implemented practices to maintain health and well-being.

## OUR FAMILIES

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

- **4,054** families reside in the county.
- **506** families (**12.4%**) live below poverty level.
- Median family income is **\$38,208**.
- **181** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **762** people in Webster County receive food stamps. The average family food stamp benefit is **\$216.36** per month.<sup>7</sup>

In the county, **39** children live in out-of-home care.<sup>8</sup>

In 2005, there were **55** incidents of adult abuse and **49** incidents of child abuse.<sup>9</sup>

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

- **475** adults and youth improved their ability to make informed and effective decisions.
- **38** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **52** adults and youth improved their ability to make informed and effective decisions.

### 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.