



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

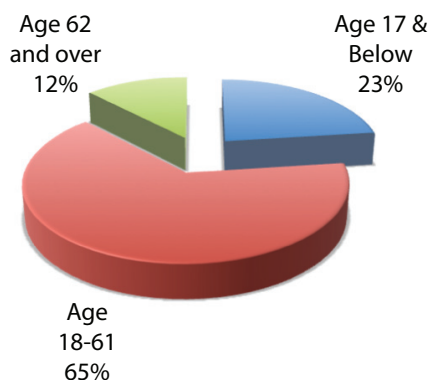
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **9,552** contacts with Woodford County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=23,208)

► 2008 estimates from the 2000 U.S. Census reported total population as **23,208**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Woodford County Family and Consumer Sciences (FCS) partnered with the local health and parks and recreation departments to offer an 11-week program using Extension's "Weight, The Reality Series" and "Get Moving KY" curriculum. The program, initiated by our FCS agent, was designed to help participants adopt healthier lifestyles and reduce the risk of chronic diseases. A total 266 pounds were lost by 41 adults. In addition, participants lowered their Body Mass Index by an average of 1.5 points and lost 84 pounds of body fat. Following the program, participants reported exercising/walking daily, drinking more water, limiting portion size, and increasing fruit and vegetable intake. Farmers market gift cards and passes to the parks department's fitness facilities were awarded to participants who completed the series.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Woodford County was **8.6%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Woodford County, **2.48%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.24%**.⁴ In a one-year period (October 2008 through October 2009), **46** foreclosures were filed.⁵

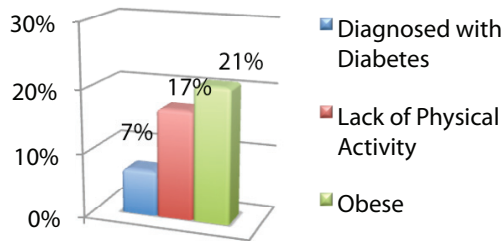
Access to health insurance is another important factor contributing to family well-being. In Woodford County, **11%** of the people under age 65 are uninsured.⁶

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

- **55** people were involved in addressing issues of their community.
- **69** people increased their knowledge of governmental process.
- **69** 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 Woodford County. **Figure 2. Health Risks.**⁶



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

- **489** people increased knowledge of practices to maintain health and well-being.
- **190** people increase knowledge of safe practices to store, handle, and prepare food.
- **100** people implemented practices to maintain health and well-being.

OUR FAMILIES

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

- **6,641** families reside in the county.
- **352** families (**5.2%**) live below poverty level.
- Median family income is **\$58,218**.
- **153** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **734** people in Woodford County receive food stamps. The average family food stamp benefit is **\$230.19** per month.⁷

In the county, **121** children live in out-of-home care.⁸

In 2005, there were **75** incidents of adult abuse and **50** incidents of child abuse.⁹

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

- **833** adults and youth improved their ability to make informed and effective decisions.
- **15** people adopted money management practices to reduce debt and/or increase savings.
- **393** 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.