

BALLARD COUNTY

Debbie Temple, County Extension Agent, Family & Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2011



OUR FOCUS

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

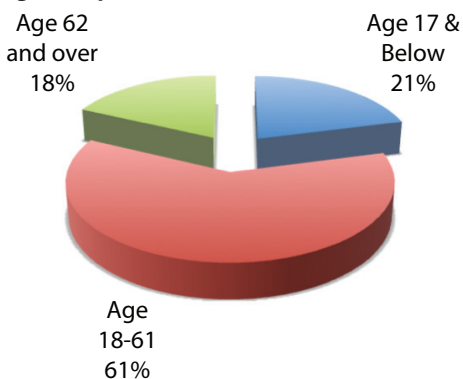
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **6,373** contacts with Ballard County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=8,323)

► 2008 estimates from the 2000 U.S. Census reported total population as **8,323**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

Ballard County is plagued with high rates of diabetes, obesity, childhood obesity, and other nutrition and physical activity related disorders. Ballard County Cooperative Extension Service teamed with Ballard County Elementary School to target second grades for a Supplemental Nutrition Assistance Program Education (SNAP-Ed) Extravaganza. SNAP-Ed is targeted to Food Benefit Program recipients to help them make healthier choices on a limited budget and choose a more active lifestyle. Ninety-eight students participated in a 5-day training program, which followed food from the farmer's field to the dinner plate. Agents presented lessons on the food pyramid, and importance of being physically active. In a post survey 90% of the students made healthier food choices and increased physical activity.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Ballard County was **8.6%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Ballard County, **2.7%** of mortgages are 90-days delinquent and **2.2%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **57** foreclosures were filed.⁵

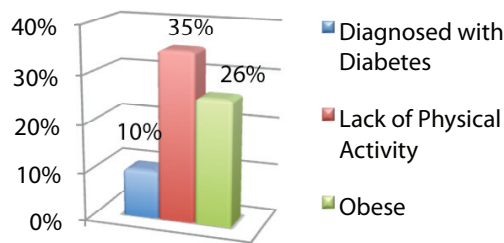
Access to health insurance is another important factor contributing to family well-being. In Ballard County, **12%** of the people under age 65 are uninsured.⁸

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

- **176** people were involved in addressing issues of their community.
- **28** people increase their knowledge of governmental process.
- **21** people were prepared to enter the work force.
- Ballard County Extension is involved in **7** community coalitions.

OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Ballard County. **Figure 2. Health Risks.**⁸



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

- **172** people increased knowledge of practices to maintain health and well-being.
- **83** people used safe practices to store, handle, and prepare food.
- **28** people made lifestyle changes to improve health.

OUR FAMILIES

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

- **2,415** families reside in the county.
- **263** families (**10.7%**) live below poverty level.
- Median family income is **\$41,386**.
- **84** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **403** people in Ballard County receive supplemental nutrition assistance. The average family benefit is **\$228.22** per month.³

In the county, **11** children live in out-of-home care. There were **5**

child victims of substantiated abuse.⁴ There were **29** incidents of adult abuse.⁵

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

- **87** people adopted money management practices to reduce debt and/or increase savings.
- **76** people increased knowledge and skills related to parenting and personal relationships.
- **46** adults and youth improved practical living skills.

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

² U.S. Bureau of the Census, Census 2000. 2008 Estimates.

³ Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

⁵ Kentucky Administrative Office of the Courts, September, 2010

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

⁷ TransUnion LLC., Trend Data, Quarter 1 2010.

⁸ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.