

BATH COUNTY

Martha Perkins, 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 Bath County resulting in strong families for Kentucky. Educational programs focus on:

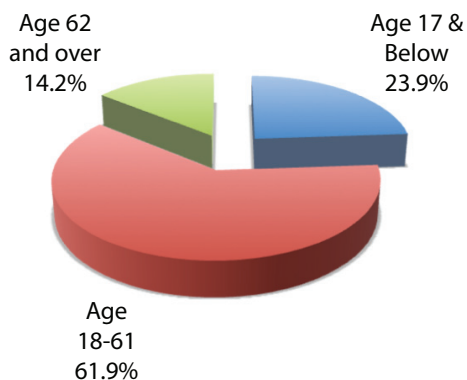
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **5,312** contacts with Bath County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=11,750)

► 2008 estimates from the 2000 U.S. Census reported total population as **11,750**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

To help people learn how to lose weight safely and keep it off, Bath County offered the 6-week series "Be a Loser." Thirty-three people participated in one or more classes, learning how to begin healthy weight loss, to eat healthier, and to incorporate more physical activity into their lifestyles. Fifty percent tracked their food intake in a provided notebook; half of those reported correcting bad food habits such as eating late at night or snacking too often; 75% reported using better portion control; 87% reported increased consumption of fruits and vegetables; and 50% reported eating breakfast more often. Six participants formed a walking group when classes ended to continue their physical activity¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Bath County was **12.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Bath County, **2.1%** of mortgages are 90-days delinquent and **2.8%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **8** foreclosures were filed.⁵

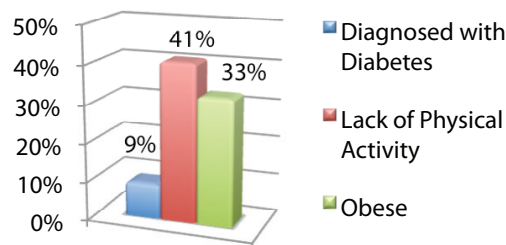
Access to health insurance is another important factor contributing to family well-being. In Bath County, **17%** of the people under age 65 are uninsured.⁸

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

- **356** people were involved in addressing issues of their community.
- **57** people increased their knowledge of governmental process.
- **86** people expanded their knowledge of economic development.
- Bath County Extension is involved in **18** community

OUR HEALTH

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



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

- **972** people increased knowledge of practices to maintain health and well-being.
- **847** people increased their knowledge of safe practices to store, handle, and prepare food.
- **220** people made lifestyle changes to improve health.

OUR FAMILIES

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

- **3,194** families reside in the county.
- **527** families (**16.4%**) live below poverty level.
- Median family income is **\$31,758**.
- **57** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,263** people in Bath County receive supplemental nutrition assistance. The average family benefit is **\$252.45** per month.³

In the county, **61** children live in out-of-home care. There were **33**

child victims of substantiated abuse.⁴ There were **17** incidents of adult abuse.⁵

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

- **1,100** adults and youth improved their ability to make informed and effective decisions.
- **740** people adopted money management practices to reduce debt and/or increase savings.
- **1,120** 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.