

CARLISLE COUNTY

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

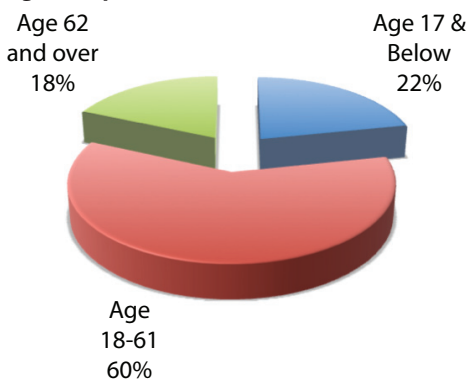
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **7,362** contacts with Carlisle County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=5,162)

► 2008 estimates from the 2000 U.S. Census reported total population as **5,162**.² The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

ACCESSING NUTRITIOUS FOOD

A study of Kentucky supplemental nutrition assistance recipients revealed a diet low in grains, meats, vegetables, fruits, and dairy. To address this need in Carlisle County the Nutrition Education Program paraprofessional taught 49 limited-resource families how to serve nutritious meals, keep foods safe, and use local food resources effectively. Ninety-five percent improved the nutritional quality of their diet by planning meals using the food guide pyramid, considering healthy choices, and reading Nutrition Facts. Thirty-eight percent increased physical activity; 25% began feeding their children breakfast. Thirty-three percent demonstrated improved food handling and hand washing practices; 28% planned meals, followed a grocery list, and compared prices. Twelve percent fewer families could not afford to eat properly, and fewer ate meals away from home.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Carlisle County was **8.5%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Carlisle County, **4.2%** of mortgages are 90-days delinquent and **1.5%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **4** foreclosures were filed.⁵

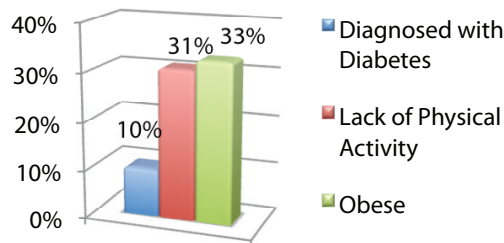
Access to health insurance is another important factor contributing to family well-being. In Carlisle County, **15%** of the people under age 65 are uninsured.⁸

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

- **2** people were involved in addressing issues of their community.
- **1** person increased their knowledge of governmental process.
- Carlisle County Extension is involved in **8** community coalitions.

OUR HEALTH

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



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

- **7** people implemented new practices to maintain health and well-being.
- **25** people used safe practices to store, handle, and prepare food.
- **60** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

OUR FAMILIES

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

- **1,575** families reside in the county.
- **166** families (**10.5%**) live below poverty level.
- Median family income is **\$33,433**.
- **36** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **292** people in Carlisle County receive supplemental nutrition assistance. The average family benefit is **\$220.96** per month.³

In the county, **11** children live in out-of-home care. There were **29**

child victims of substantiated abuse.⁴ There were **7** incidents of adult abuse.⁵

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

- **116** 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.