

## CLARK COUNTY

Jennifer Howard, 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 Clark County resulting in strong families for Kentucky. Educational programs focus on:

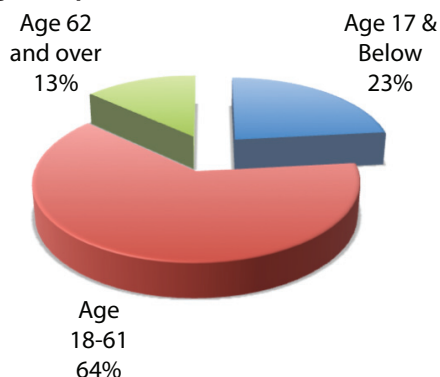
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **11,407** contacts with Clark County families during 2009-2010.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=35,691)

► 2008 estimates from the 2000 U.S. Census reported total population as **35,691**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

### MAKING BENEFICIAL LIFESTYLE CHOICES

Clark County Cooperative Extension continues to fight obesity. Taught by the FCS Agent over eight weeks, "Weight: The Reality Series" enrolled 21 participants. Sessions included information on grains, five a day, dairy, and proteins; and participants weighed in each week. Ninety percent reported that they are more effective in managing their weight; 100% monitor weight; 60% include physical activity as part of their daily routine. 80% now consume more fruits and vegetables on a regular basis; 90% select and eat low-fat or non-fat dairy products; and 100% have developed a supportive environment for healthy weight management. Collectively, 97 pounds have been lost, and a monthly support group has formed to keep weight-loss morale up.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Clark County was **9.6%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Clark County, **3.2%** of mortgages are 90-days delinquent and **1.2%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **216** foreclosures were filed.<sup>5</sup>

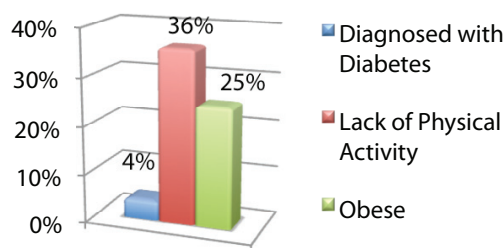
Access to health insurance is another important factor contributing to family well-being. In Clark County, **12%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **275** people were involved in addressing issues of their community.
- **270** people increased their knowledge of governmental process.
- **132** people expanded their knowledge of economic development.
- Clark County Extension is involved in **24** community coalitions.

## OUR HEALTH

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



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

- **3,300** people increased knowledge of practices to maintain health and well-being.
- **3,300** people made lifestyle changes to improve health.
- **2,500** people used safe practices to store, handle, and prepare food.

## OUR FAMILIES

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

- **9,548** families reside in the county.
- **802** families (**8.4%**) live below poverty level.
- Median family income is **\$45,647**.
- **295** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,975** people in Clark County receive supplemental nutrition assistance. The average family benefit is **\$250.49** per month.<sup>3</sup>

In the county, **64** children live in out-of-home care. There were **130**

child victims of substantiated abuse.<sup>4</sup> There were **103** incidents of adult abuse.<sup>5</sup>

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

- **2,300** adults and youth improved their ability to make informed and effective decisions.
- **5,000** people adopted money management practices to reduce debt and/or increase savings.
- **5,200** adults and youth improved practical living skills.

### SOURCES

<sup>1</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

<sup>2</sup> U.S. Bureau of the Census, Census 2000. 2008 Estimates.

<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

<sup>5</sup> Kentucky Administrative Office of the Courts, September, 2010

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2010.

<sup>8</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.