

## CLINTON COUNTY

Christy Nuetzman, County Extension Agent, Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2011



### OUR FOCUS

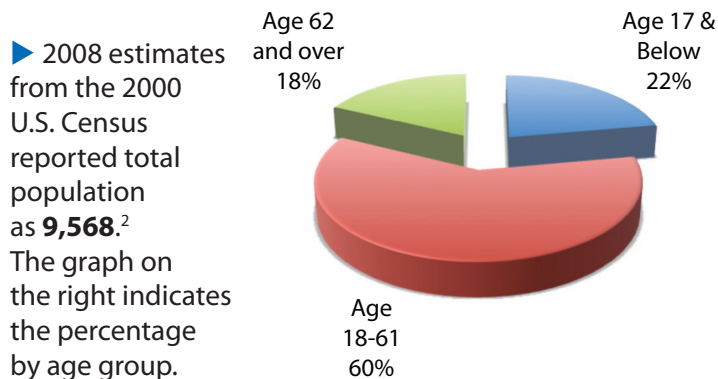
► Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Clinton County resulting in strong families for Kentucky. Educational programs focus on:

**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 **17,201** contacts with Clinton County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=9,568)



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

Clinton County is challenged with diabetes, cardiovascular disease, cancer, and poor dietary and exercise habits. To address these negative health issues, Clinton County Extension Service partnered with the local Health Coalition and community agencies to offer Big Blue Shape Up. Seventy-seven participants, ages 12-73, enrolled in the 10-week program, which covered topics such as basic nutrition, weight loss myths, the importance of calcium, the relationship between emotional health and weight management, and portion control. Weekly physical activity ranging from walking, chair yoga, zumba, and low-impact aerobics helped 65 participants lose a collective 443 pounds! Evaluations indicate that 56 participants felt they gained strategies for handling weight effectively, and 36 are eating more fruits and vegetables.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Clinton County was **8.1%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Clinton County, **2.8%** of mortgages are 90-days delinquent and **1.1%** of bank cards are 60-days delinquent.<sup>7</sup>

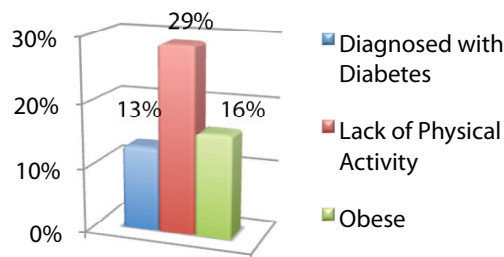
Access to health insurance is another important factor contributing to family well-being. In Clinton County, **21%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **749** people were involved in addressing issues of their community.
- **201** people increased their knowledge of governmental process.
- **35** people were prepared to enter the work force.
- Clinton County Extension is involved in **20** community coalitions.

## OUR HEALTH

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



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

- **3,430** people increased knowledge of practices to maintain health and well-being.
- **1,129** people increased knowledge of safe practices to store, handle, and prepare food.
- **304** people made lifestyle changes to improve health.

## OUR FAMILIES

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

- **2,811** families reside in the county.
- **564** families (**20.2%**) live below poverty level.
- Median family income is **\$25,919**.
- **91** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,281** people in Clinton County receive supplemental nutrition assistance. The average family benefit is **\$207.97** per month.<sup>3</sup>

In the county, **27** children live in out-of-home care. There were **40**

child victims of substantiated abuse.<sup>4</sup> There were **50** incidents of adult abuse.<sup>5</sup>

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

- **3,299** adults and youth improved their ability to make informed and effective decisions.
- **648** people adopted money management practices to reduce debt and/or increase savings.
- **723** people increased their knowledge and skills related to parenting and personal relationships.

### 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.