

## CUMBERLAND COUNTY

Debra Messenger, 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 Cumberland County resulting in strong families for Kentucky. Educational programs focus on:

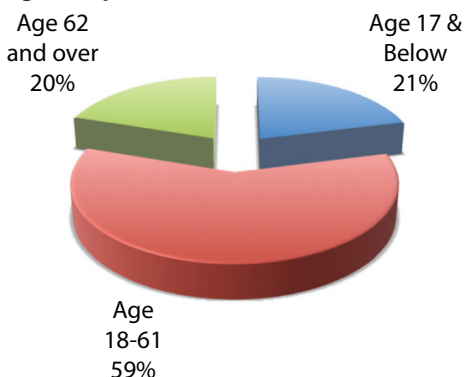
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **12,442** contacts with Cumberland County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=6,817)

► 2008 estimates from the 2000 U.S. Census reported total population as **6,817**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

According to Kentucky Institute of Medicine, Cumberland County has a high obesity rate. To address this concern, Cooperative Extension Service, Cumberland Family Medical, and the Health Department offered "Weight: The Reality Series," ten weekly sessions on nutrition, physical activity, and wellness. Seventy-five participants weighed in and listened to discussions covering healthy food preparation, physical activity, portion control, water consumption, and fiber intake. Twenty-two finished the program, with a total loss of 515 pounds. Of those 22, 15 achieved 5% or more total weight loss. The greatest loser had a 16% total weight loss, leading to her physician reducing her blood pressure medication. In a follow-up evaluation 90% had maintained their weight loss.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Cumberland County was **9.9%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Cumberland County, **3.9%** of mortgages are 90-days delinquent and **2.0%** of bank cards are 60-days delinquent.<sup>7</sup>

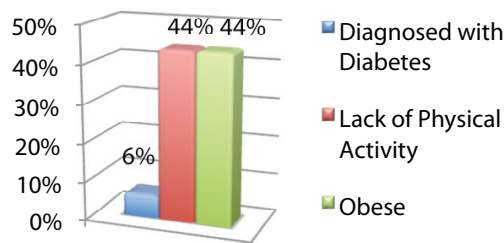
Access to health insurance is another important factor contributing to family well-being. In Cumberland County, **19%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **352** people were involved in addressing issues in their community.
- **257** people increased their knowledge of governmental process.
- **62** people expanded their knowledge of economic development.
- Cumberland County Extension is involved in **14** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **2,040** families reside in the county.
- **336** families (**16.4%**) live below poverty level.
- Median family income is **\$28,701**.
- **810** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **721** people in Cumberland County receive supplemental nutrition assistance. The average family benefit is **\$204.01** per month.<sup>3</sup>

In the county, **1** children live in out-of-home care. There were **8**

child victims of substantiated abuse.<sup>4</sup> There were **24** incidents of adult abuse.<sup>5</sup>

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

- **65** people adopted money management practices to reduce debt and/or increase savings.
- **50** people increased their knowledge and skills related to parenting and personal relationships.
- **75** 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.