

## FULTON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2011



### OUR FOCUS

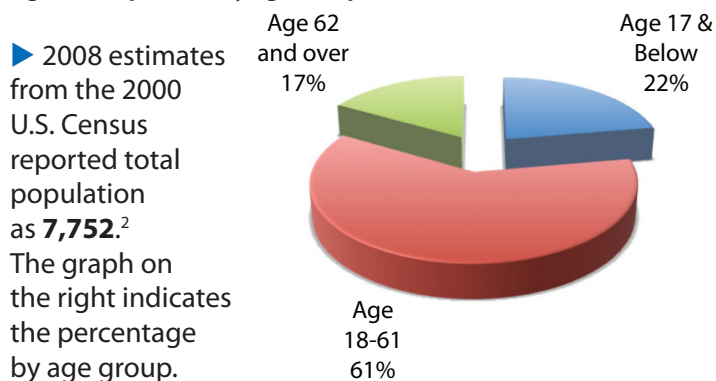
► Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Fulton County resulting in strong families for Kentucky. Educational programs focus on:

**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 **1,810** contacts with Fulton County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=7,752)



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

According to the Centers for Disease Control, Kentucky is ranked seventh-highest in the nation for adult obesity. Fulton County alone has an obesity rate of nearly 30%. To help reduce the number of obese adults, the Fulton County Cooperative Extension Service sponsored a ten-week weight-loss program called "Biggest Blue Loser." Twenty-one teams with eighty-seven individuals participated in this program. During the learning sessions, participants were taught the importance of physical activity, portion control, and label reading in order to lose weight and live healthier. At the conclusion of the program, a total of 668 pounds had been lost, with the biggest loser shedding a total of 62.7 pounds.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Fulton County was **12.3%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Fulton County, **3.3%** of mortgages are 90-days delinquent and **2.1%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **27** foreclosures were filed.<sup>5</sup>

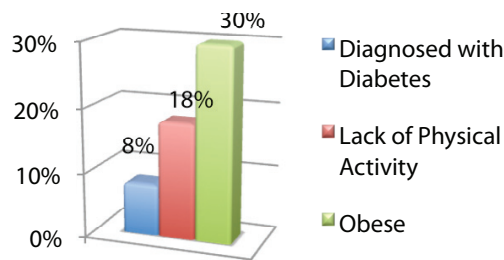
Access to health insurance is another important factor contributing to family well-being. In Fulton County, **17%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **36** people were involved in addressing issues of their community.
- **12** people increased their knowledge of governmental process.
- **10** people were prepared to enter the work force.
- Fulton County Extension is involved in **4** community coalitions.

## OUR HEALTH

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



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

- **127** people implemented new practices to maintain health and well-being.
- **156** people increased knowledge of safe practices to store, handle, and prepare food.
- **151** people made lifestyle changes to improve health.

## OUR FAMILIES

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

- **2,115** families reside in the county.
- **424** families (**20.1%**) live below poverty level.
- Median family income is **\$30,788**.
- **102** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **946** people in Fulton County receive supplemental nutrition assistance. The average family benefit is **\$207.35** per month.<sup>3</sup>

In the county, **44** children live in out-of-home care. There were **15**

child victims of substantiated abuse.<sup>4</sup> There were **28** incidents of adult abuse.<sup>5</sup>

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

- **42** adults and youth improved their ability to make informed and effective decisions.
- **30** people adopted money management practices to reduce debt and/or increase savings.
- **40** 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.