

## GALLATIN 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 Gallatin County resulting in strong families for Kentucky. Educational programs focus on:

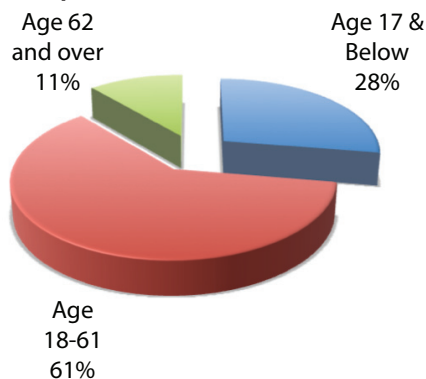
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **31,387** contacts with Gallatin County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=7,870)

► 2008 estimates from the 2000 U.S. Census reported total population as **7,870**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

In Gallatin County, 32 participants joined three nine-week sessions of “Weight: The Reality Series,” which served teachers, school staff, and community members. The program emphasized self-designed lifestyle changes, with a physical fitness component, educational session, weigh-in, and healthy food preparation demonstration and tasting. Twenty-four people completed the series with an average loss of 5.8 pounds each. Using an eight-week written follow-up survey, participants reported changes such as: “My feet don’t hurt as much” and “I don’t get out of breath going up steps now.” According to Kentucky Rural Health Works Program, participants in weight-reduction programs reduce the financial burden to the local economy. In this series, participants decreased total health expenditures by \$26,448.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Gallatin County was **9.8%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Gallatin County, **2.8%** of mortgages are 90-days delinquent and **2.3%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **113** foreclosures were filed.<sup>5</sup>

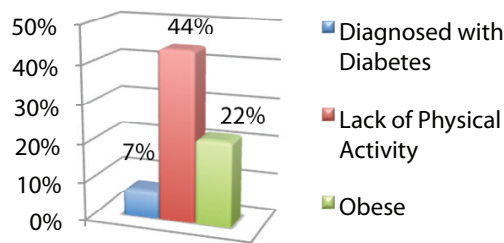
Access to health insurance is another important factor contributing to family well-being. In Gallatin County, **14%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **80** people were involved in addressing issues of the community.
- **50** people were prepared to enter the work force.
- **40** people expanded their knowledge of economic development.
- Gallatin County Extension is involved in **18** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **2,136** families reside in the county.
- **249** families (**11.6%**) live below poverty level.
- Median family income is **\$41,136**.
- **48** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **578** people in Gallatin County receive supplemental nutrition assistance. The average family benefit is **\$278.72** per month.<sup>3</sup>

In the county, **4** children live in out-of-home care. There were **45**

child victims of substantiated abuse.<sup>4</sup> There were **41** incidents of adult abuse.<sup>5</sup>

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

- **76** people adopted money management practices to reduce debt and/or increase savings.
- **121** people increased their knowledge and skills related to parenting and personal relationships.
- **135** 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.