

HENRY COUNTY

Maryellen Garrison, 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 Henry County resulting in strong families for Kentucky. Educational programs focus on:

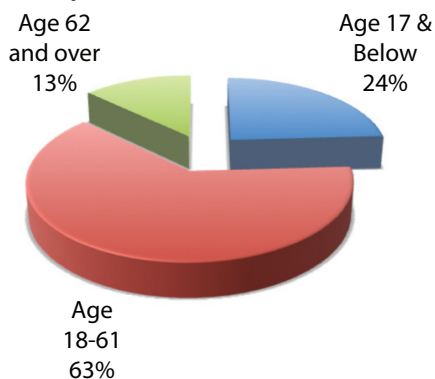
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **6,797** contacts with Henry County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=15,060)

► 2008 estimates from the 2000 U.S. Census reported total population as **15,060**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Kentucky ranks among the top 10 states for obesity and related diseases. Research has shown that competition and financial gain are two motivators for weight loss, so the Henry County Extension Service collaborated this summer with a local church to offer the "Biggest Loser." Eighty-five participants registered for the 10-week competition, which included weigh-ins, educational handouts, and a tracking form to encourage new health behaviors. The Extension Service and Health Department provided educational materials. Participants lost a total of 1,049 pounds! One successful loser stated "I've lost 72 pounds so far and my blood pressure medicine has been reduced. Another said, "The program helped me set a goal and work toward it."¹



OUR COMMUNITY

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

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Henry County, **3.4%** of mortgages are 90-days delinquent and **1.6%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **91** foreclosures were filed.⁵

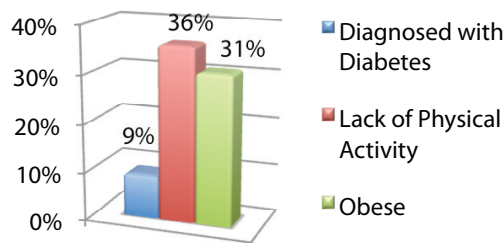
Access to health insurance is another important factor contributing to family well-being. In Henry County, **13%** of the people under age 65 are uninsured.⁸

As a result of participation in Henry County Extension programs:¹

- **29** people were involved in addressing issues of their community.
- **7** people increased their knowledge of governmental process.
- Henry County Extension is involved in **73** community coalitions.

OUR HEALTH

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



As a result of participation in Henry County Extension programs:¹

- **280** people increased knowledge of practices to maintain health and well-being.
- **15** people used safe practices to store, handle, and prepare food.

OUR FAMILIES

► Using data from the 2000 U.S. Census, Henry County families can be described as follows:²

- **4,333** families reside in the county.
- **452** families (**10.4%**) live below poverty level.
- Median family income is **\$45,009**.
- **157** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **873** people in Henry County receive supplemental nutrition assistance. The average family benefit is **\$243.90** per month.³

In the county, **27** children live in out-of-home care. There were **65**

child victims of substantiated abuse.⁴ There were **57** incidents of adult abuse.⁵

As a result of participation in Henry County Extension programs:¹

- **610** adults and youth improved their ability to make informed and effective decisions.
- **390** adults and youth improved practical living skills.

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

² U.S. Bureau of the Census, Census 2000. 2008 Estimates.

³ Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

⁵ Kentucky Administrative Office of the Courts, September, 2010

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

⁷ TransUnion LLC., Trend Data, Quarter 1 2010.

⁸ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.