

## HICKMAN 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 Hickman County resulting in strong families for Kentucky. Educational programs focus on:

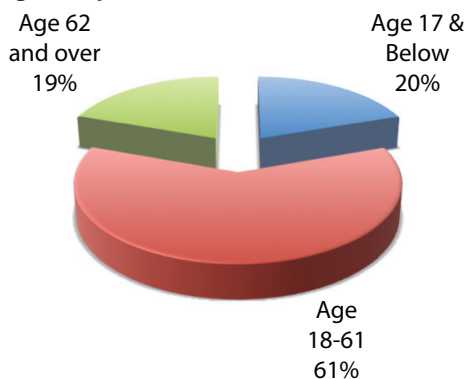
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **10,951** contacts with Hickman County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=5,262)

► 2008 estimates from the 2000 U.S. Census reported total population as **5,262**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

Lifestyle and behavioral risks contribute to chronic diseases, leading causes of death for Kentuckians. Extension held sessions to increase physical activity and reduce risk factors through weight reduction. Eighty-four participants in the fall program signed on for educational and physical challenges, losing a total of 714.9 pounds. Seventy-seven spring participants walked a total of 663 miles, losing 354.6 pounds. Evaluation data concluded that 86.6% found the program to be extremely valuable; 70.9% found they previously had not been effective in managing their weight but that after the program they were; 96.7% feel that physical activity is very important; 87% continue to exercise three or more days a week three months after program conclusion.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Hickman County was **9.0%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In a one-year period (August 2009 through August 2010), **19** foreclosures were filed.<sup>5</sup>

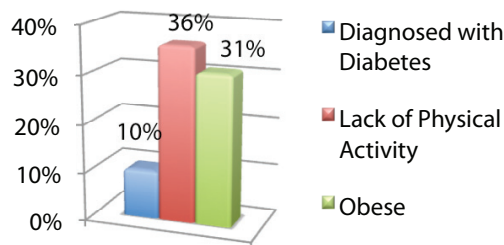
Access to health insurance is another important factor contributing to family well-being. In Hickman County, **15%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **75** people were involved in addressing issues of their community.
- **280** people were prepared to enter the work force.
- **50** people expanded their knowledge of economic development.
- Hickman County Extension is involved in **11** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **1,542** families reside in the county.
- **220** families (**14.2%**) live below poverty level.
- Median family income is **\$37,049**.
- **41** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **312** people in Hickman County receive supplemental nutrition assistance. The average family benefit is **\$217.32** per month.<sup>3</sup>

The Kentucky Administrative Office of the Courts reports there were 20 incidents of adult abuse.<sup>5</sup>

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

- **120** adults and youth improved their ability to make informed and effective decisions.
- **10** people increased their knowledge and skills related to parenting and personal relationships.
- **320** 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.