

## HOPKINS 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 Hopkins County resulting in strong families for Kentucky. Educational programs focus on:

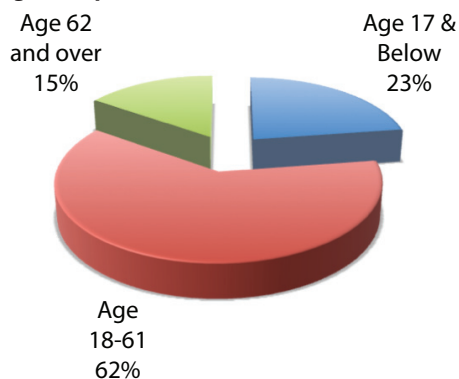
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **10,313** contacts with Hopkins County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=46,519)

► 2008 estimates from the 2000 U.S. Census reported total population as **46,519**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

Counties in the Pennyryle area have a higher-than-state-average incidence of death by heart disease and stroke, according to Kentucky vital statistics records, with cardiovascular disease (CVD) a leading cause of death each year. A series of cardiovascular health classes, were taught to 90 Extension Homemaker members by the Extension Agent for Family and Consumer Sciences. Types of CVD, risk factors for CVD, common diagnostic tests, and heart-healthy food preparation techniques were discussed. Modifiable risk factors were emphasized, including blood pressure, cigarette smoking, obesity, alcohol intake, blood cholesterol, sedentary lifestyle, Type II diabetes, diet, and stress. In a post survey, 95% of the participants stated they learned to choose foods low in saturated fat and high in soluble fiber.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Hopkins County was **8.8%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Hopkins County, **2.4%** of mortgages are 90-days delinquent and **1.2%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **300** foreclosures were filed.<sup>5</sup>

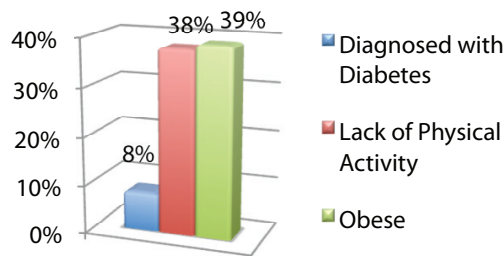
Access to health insurance is another important factor contributing to family well-being. In Hopkins County, **14%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **130** people were involved in addressing issues of their community.
- **414** people increased their knowledge of governmental process.
- **2** people expanded their knowledge of economic development.
- Hopkins 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 Hopkins County. **Figure 2. Health Risks.**<sup>8</sup>



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

- **326** people increased knowledge of practices to maintain health and well-being.
- **533** people increased knowledge of safe practices to store, handle, and prepare food.
- **28** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

## OUR FAMILIES

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

- **13,400** families reside in the county.
- **1,826** families (**13.6%**) live below poverty level.
- Median family income is **\$36,794**.
- **368** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **3,246** people in Hopkins County receive supplemental nutrition assistance. The average family benefit is **\$256.13** per month.<sup>3</sup>

In the county, **78** children live in out-of-home care. There were **138**

child victims of substantiated abuse.<sup>4</sup> There were **200** incidents of adult abuse.<sup>5</sup>

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

- **764** adults and youth improved their ability to make informed and effective decisions.
- **9** people adopted money management practices to reduce debt and/or increase savings.
- **825** 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.