

## JACKSON 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 Jackson County resulting in strong families for Kentucky. Educational programs focus on:

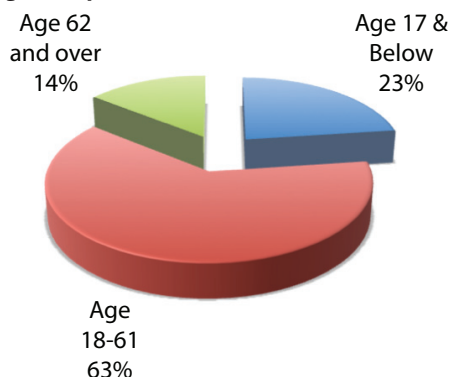
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **3,886** contacts with Jackson County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=13,495)

► 2008 estimates from the 2000 U.S. Census reported total population as **13,495**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

Some of Jackson County's leading causes of death are heart disease and diabetes, with obesity a major factor for, stroke, diabetes, and some cancers. To combat this, the Family and Consumer Sciences Agent and Nutrition Education Program assistants offered weight-loss and physical activity programs including water aerobics and a walking workout. Sixty-two participants met with the FCS Agent and staff, receiving information on losing weight effectively, cooking in a low-fat manner, and exercising effectively. At the end of the 10-week program, all individuals had lost weight, ranging from .5% to 15%, with 12 meeting or exceeding their 9% weight-loss goals. Participants lost a total of 534.8 pounds and 89.5 inches from their waists.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Jackson County was **16.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Jackson County, **3.1%** of mortgages are 90-days delinquent and **0.6%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **68** foreclosures were filed.<sup>5</sup>

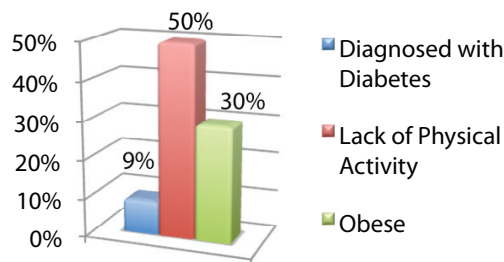
Access to health insurance is another important factor contributing to family well-being. In Jackson County, **19%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **16** people were involved in addressing issues of their community.
- **3** people increased their knowledge of governmental process.
- **9** people expanded their knowledge of economic development.
- Jackson County Extension is involved in **7** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **3,953** families reside in the county.
- **1,022** families (**25.8%**) live below poverty level.
- Median family income is **\$23,638**.
- **181** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,969** people in Jackson County receive supplemental nutrition assistance. The average family benefit is **\$230.74** per month.<sup>3</sup>

In the county, **25** children live in out-of-home care. There were **67**

child victims of substantiated abuse.<sup>4</sup> There were **57** incidents of adult abuse.<sup>5</sup>

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

- **75** people increased their knowledge and skills related to parenting and personal relationships.
- **150** adult or child care providers increased their knowledge and skills related to age appropriate care.
- **110** 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.