

COMMONWEALTH OF KENTUCKY

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 Kentucky. Educational programs focus on:

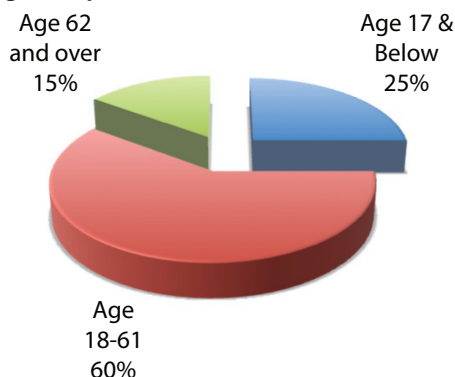
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **1,560,671** contacts with Kentucky families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=4,269,245)

► 2008 estimates from the 2000 U.S. Census reported total population as **4,269,245**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

FEATURED PROGRAMS

During 2009 – 2010, Family and Consumer Sciences Extension collected detailed impact data for three specific programs. The following outcomes were documented through these programs.¹

- **40%** of participants in “Weight – the Reality Series – Body Image” succeeded in losing 5% of their initial weight during the program.
- **78%** of children who participated in “LEAP – Literacy, Eating, and Activity for Preschool” increased their level of physical activity.
- **25%** of participants in “Small Steps to Health and Wealth” decreased their expenses as a result of the program.



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Kentucky was **10.0%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Kentucky, **2.6%** of mortgages are 90-days delinquent and **1.7%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **19,969** foreclosures were filed.⁵

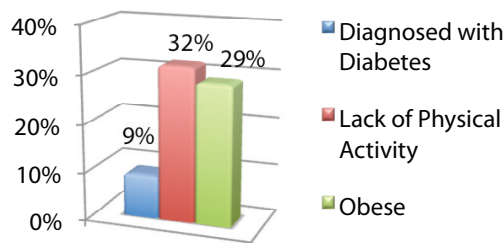
Access to health insurance is another important factor contributing to family well-being. In Kentucky, **14%** of the people under age 65 are uninsured.⁸

As a result of participation in Kentucky Extension programs:¹

- **31,107** people were involved in addressing issues of their community.
- **12,903** people were prepared to enter the work force.
- **23,989** people expanded their knowledge of economic development.
- Cooperative Extension is involved in **3,086** community coalitions.

OUR HEALTH

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



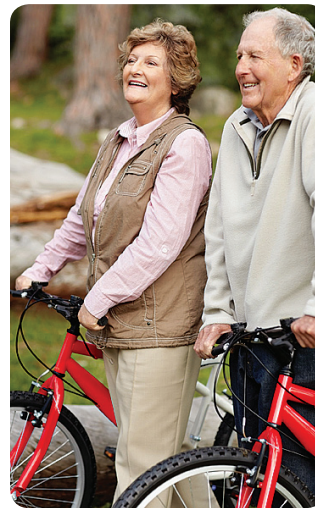
As a result of participation in Kentucky Extension programs:¹

- **195,760** people increased knowledge of practices to maintain health and well-being.
- **78,563** people increase knowledge of safe practices to store, handle, and prepare food.
- **35,402** people developed skills to access affordable food.

OUR FAMILIES

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

- **1,110,426** families reside in the state.
- **140,519** families (**12.7%**) live below poverty level.
- Median family income is **\$40,939**.
- **35,818** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **306,491** people in Kentucky receive supplemental nutrition assistance. The average family benefit is **\$242.53** per month.³

In the state, **12,971** children live in out-of-home care. There were **7,583** child victims of sub-

stantiated abuse.⁴ There were **13,916** incidents of adult abuse.⁵

As a result of participation in Kentucky Extension programs:¹

- **95,939** adults and youth improved their ability to make informed and effective decisions.
- **28,016** people adopted money management practices to reduce debt and/or increase savings.
- **24,898** people increased their knowledge and skills related to parenting and personal relationships.

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

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

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.