

## MARTIN 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 Martin County resulting in strong families for Kentucky. Educational programs focus on:

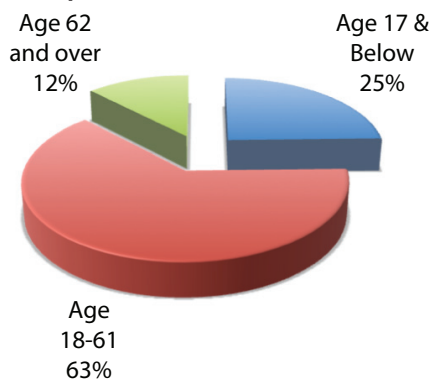
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **2,186** contacts with Martin County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=12,578)

► 2008 estimates from the 2000 U.S. Census reported total population as **12,578**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

The Kentucky Institute of Medicine has published a health-assessment summary outlining health risks for counties compared to state and national averages. While the study noted that Martin County has low rates for breast and colorectal cancer, it also highlighted problems such as cardiovascular-related deaths. Because cardiovascular health can be improved through lifestyle choices, a series of heart-healthy cooking classes was taught in the county. These classes were hands-on opportunities to make healthy meals and to learn how to alter favorite family recipes to decrease fat and cholesterol. Of responding participants, 93% stated that they plan to adopt ideas they saw in class. Many felt their diet needed a change so they took the initiative to participate.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Martin County was **10.9%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Martin County, **5.3%** of mortgages are 90-days delinquent and **2.6%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **2** foreclosures were filed.<sup>5</sup>

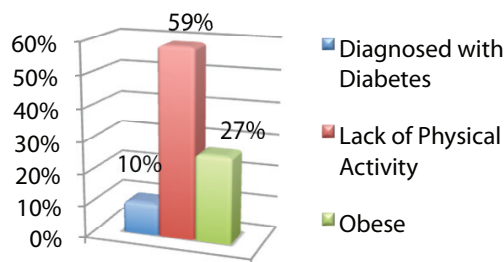
Access to health insurance is another important factor contributing to family well-being. In Martin County, **19%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **200** people were involved in addressing issues of their community.
- **500** people increased their knowledge of governmental process.
- **150** people expanded their knowledge of economic development.
- Martin County Extension is involved in **15** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **3,621** families reside in the county.
- **1,211** families (**33.3%**) live below poverty level.
- Median family income is **\$21,574**.
- **122** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,869** people in Martin County receive supplemental nutrition assistance. The average family benefit is **\$226.59** per month.<sup>3</sup>

In the county, **84** children live in out-of-home care. There were **216**

child victims of substantiated abuse.<sup>4</sup> There were **32** incidents of adult abuse.<sup>5</sup>

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

- **375** adults and youth improved their ability to make informed and effective decisions.
- **25** people increased their knowledge and skills related to parenting and personal relationships.
- **375** 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.