

MCCREARY 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 McCreary County resulting in strong families for Kentucky. Educational programs focus on:

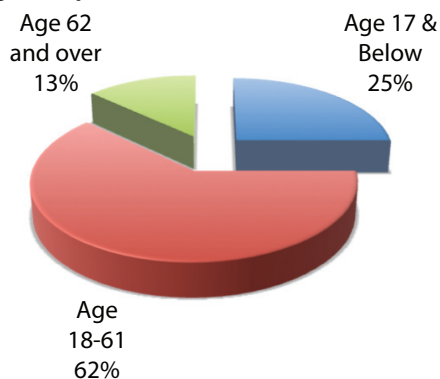
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **1,653** contacts with McCreary County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=17,080)

► 2008 estimates from the 2000 U.S. Census reported total population as **17,080**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

McCreary County will once again have the opportunity to participate in "Weight: The Reality Series," an 8-week program that focuses on physical activity and weight management. The program will offer weigh-ins, physical activity and education, and incentives. Last year, 23 people participated, with 15 people completing the program. Five people reached their goal of losing seven percent of body weight. A total of 206 pounds were lost, an average weight reduction of 6.33 pounds per person. Positive behavioral changes such as eating breakfast daily and controlling food portions were reported by 85% of participants. The Family and Consumer Sciences Agent plans to increase the number of people reached and pounds lost in McCreary County through the program.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in McCreary County was **14.4%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In McCreary County, **3.7%** of mortgages are 90-days delinquent and **3.4%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **24** foreclosures were filed.⁵

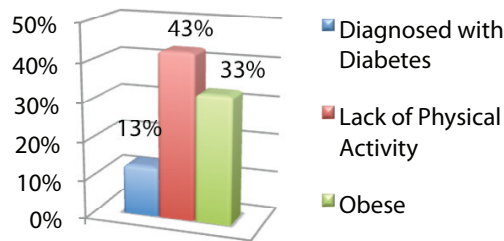
Access to health insurance is another important factor contributing to family well-being. In McCreary County, **24%** of the people under age 65 are uninsured.⁸

As a result of participation in McCreary County Extension programs:¹

- **25** people were involved in addressing issues of their community.
- **25** people increased their knowledge of governmental process.
- McCreary County Extension is involved in **5** community coalitions.

OUR HEALTH

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



As a result of participation in McCreary County Extension programs:¹

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

OUR FAMILIES

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

- **4,756** families reside in the county.
- **1,244** families (**26.1%**) live below poverty level.
- Median family income is **\$22,261**.
- **190** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,775** people in McCreary County receive supplemental nutrition assistance. The average family benefit is **\$229.60** per month.³

In the county, **107** children live in out-of-home care. There were **69**

child victims of substantiated abuse.⁴ There were **51** incidents of adult abuse.⁵

As a result of participation in McCreary County Extension programs:¹

- **50** people adopted money management practices to reduce debt and/or increase savings.

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

² U.S. Bureau of the Census, Census 2000. 2008 Estimates.

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.