

MEADE COUNTY

Jennifer Bridge, County Extension Agent, 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 Meade County resulting in strong families for Kentucky. Educational programs focus on:

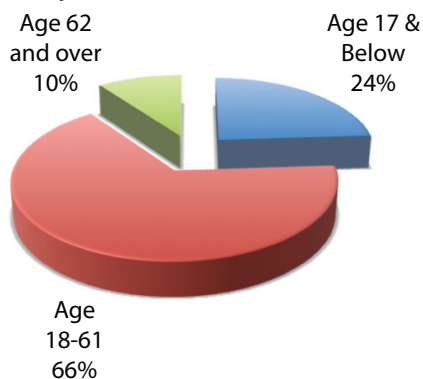
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **17,870** contacts with Meade County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=26,349)

► 2008 estimates from the 2000 U.S. Census reported total population as **26,349**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

With tough economic times, consumers have increased meal preparation at home and have a renewed interest in learning how to prepare quick, nutritious foods. To assist consumers, a series of programs called Back to the Kitchen was developed in Meade County by the Family and Consumer Sciences Agent and EFNEP assistant. The series focused on basic nutrition; preparation that retains nutrients and decreases calories and fat content; and resource management. Topics included Vegetables, Meats, Salads, Outdoor Cooking, Sweets (Diabetes), and Cooking for One or Two. Over 70 people participated, and they indicated that they use the new skills they acquired. Some have even changed the way they prepare foods, replacing their usual frying with steaming or baking.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Meade County was **11.0%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Meade County, **2.5%** of mortgages are 90-days delinquent and **1.6%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **118** foreclosures were filed.⁵

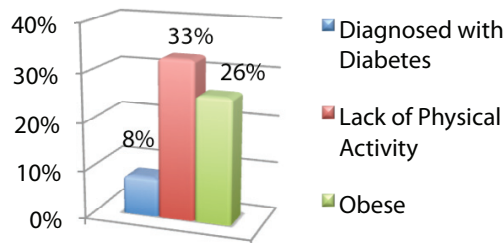
Access to health insurance is another important factor contributing to family well-being. In Meade County, **14%** of the people under age 65 are uninsured.⁸

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

- **205** people were involved in addressing issues of their community.
- **833** people were prepared to enter the work force.
- **73** people expanded their knowledge of economic development.
- Meade County Extension is involved in **17** community coalitions.

OUR HEALTH

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



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

- **1,051** people increased knowledge of practices to maintain health and well-being.
- **755** people used safe practices to store, handle, and prepare food.
- **406** 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, Meade County families can be described as follows:²

- **7,393** families reside in the county.
- **695** families (**9.3%**) live below poverty level.
- Median family income is **\$40,592**.
- **316** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,135** people in Meade County receive supplemental nutrition assistance. The average family benefit is **\$273.90** per month.³

In the county, **51** children live in out-of-home care. There were **33**

child victims of substantiated abuse.⁴ There were **54** incidents of adult abuse.⁵

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

- **903** adults and youth improved their ability to make informed and effective decisions.
- **45** people adopted money management practices to reduce debt and/or increase savings.
- **730** adults and youth improved practical living skills.

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.