

## NELSON COUNTY

Family &amp; 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 Nelson County resulting in strong families for Kentucky. Educational programs focus on:

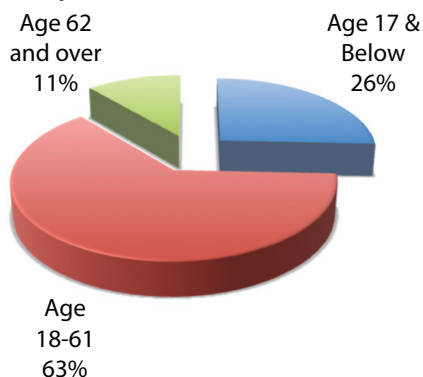
- Making Beneficial Lifestyle Choices**
- Nurturing Families**
- Embracing Life as You Age**
- Securing Financial Stability**
- Promoting Healthy Homes and Communities**
- Accessing Nutritious Food**
- Empowering Community Leaders**

Family and Consumer Sciences Extension made **7,033** contacts with Nelson County families during 2009-2010.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=37,477)

► 2008 estimates from the 2000 U.S. Census reported total population as **37,477**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## ACCESSING NUTRITIOUS FOOD

A cooking school was offered by the Nelson County Family and Consumer Sciences agent to help at-risk youth who participate at the local Communicare Impact program learn basic kitchen skills. A total of 35 young people ranging in ages from 8 to 15 were divided into two classes. Each class completed a two-hour lesson for eight months that focused on using kitchen tools, measuring ingredients, reading labels, reading and following recipes, and preparing healthy foods and snacks. Food safety, including proper hand washing, was also emphasized. Eighty-five percent of participants reported they took the practices learned in cooking class home and were doing them in their own kitchens.<sup>9</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Nelson County was **13.5%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Nelson County, **3.0%** of mortgages are 90-days delinquent and **0.8%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **290** foreclosures were filed.<sup>5</sup>

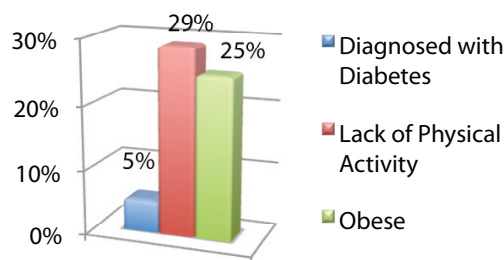
Access to health insurance is another important factor contributing to family well-being. In Nelson County, **10%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **188** people were involved in addressing issues of their community.
- **360** people increased their knowledge of governmental process.
- **95** people expanded their knowledge of economic development.
- Nelson County Extension is involved in **16** community coalitions.

## OUR HEALTH

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



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

- **526** people increased knowledge of practices to maintain health and well-being.
- **392** people developed skills to access affordable food.
- **335** people made lifestyle changes to improve health.

## OUR FAMILIES

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

- **10,267** families reside in the county.
- **1,034** families (**10%**) live below poverty level.
- Median family income is **\$44,600**.
- **363** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,435** people in Nelson County receive supplemental nutrition assistance. The average family benefit is **\$250.46** per month.<sup>3</sup>

In the county, **31** children live in out-of-home care. There were **126**

child victims of substantiated abuse.<sup>4</sup> There were **149** incidents of adult abuse.<sup>5</sup>

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

- **420** adults and youth improved their ability to make informed and effective decisions.
- **187** people adopted money management practices to reduce debt and/or increase savings.
- **740** 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.

<sup>9</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2009.