

NICHOLAS 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 Nicholas County resulting in strong families for Kentucky. Educational programs focus on:

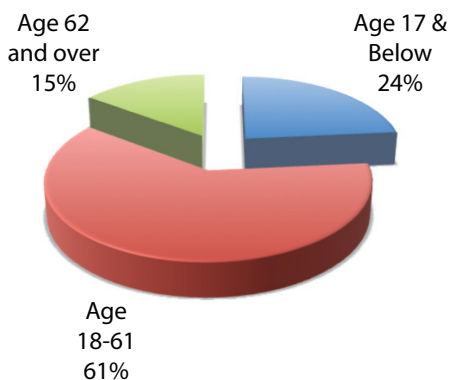
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **4,494** contacts with Nicholas County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=6,813)

► 2008 estimates from the 2000 U.S. Census reported total population as **6,813**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

A University of Kentucky report of school nutrition trends stated in average rural school, 33% of school-aged children are overweight, and 13% are obese. Additionally, eighty-three percent of girls and 74% of boys in Kentucky eat fewer than the recommended five fruits and vegetables a day. Children's food consumption was also high in fat and added sugar. To counter these trends, County Extension Service partnered with the school system to create a nutrition club for high-school students. Topics included portion size, food choices, nutrition content, nutrition labels, and food safety. Forty-five high-school students participated, and 100% of participants now consider a healthier alternative each time they eat.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Nicholas County was **11.5%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Nicholas County, **1.4%** of mortgages are 90-days delinquent and **1.1%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **37** foreclosures were filed.⁵

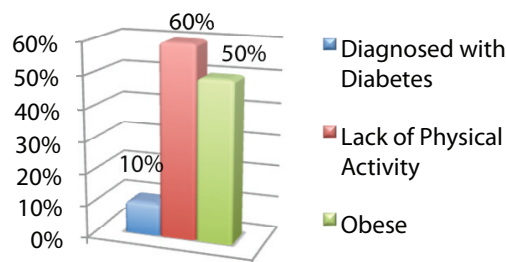
Access to health insurance is another important factor contributing to family well-being. In Nicholas County, **13%** of the people under age 65 are uninsured.⁸

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

- **50** people were involved in addressing issues of their community.
- **10** people expanded their knowledge of economic development.
- Nicholas County Extension is involved in **8** community coalitions.

OUR HEALTH

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



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

- **100** people increased knowledge of practices to maintain health and well-being.
- **60** people increased knowledge of safe practices to store, handle, and prepare food
- **10** people developed skills to access affordable food.

OUR FAMILIES

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

- **1,952** families reside in the county.
- **190** families (**9.7%**) live below poverty level.
- Median family income is **\$35,491**.
- **85** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **598** people in Nicholas County receive supplemental nutrition assistance. The average family benefit is **\$257.69** per month.³

In the county, **2** children live in out-of-home care. There were **7**

child victims of substantiated abuse.⁴ There were **26** incidents of adult abuse.⁵

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

- **200** adults and youth improved their ability to make informed and effective decisions.
- **10** adult or child care providers increased their knowledge and skills related to age appropriate care.
- **50** 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.