

## PULASKI 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 Pulaski County resulting in strong families for Kentucky. Educational programs focus on:

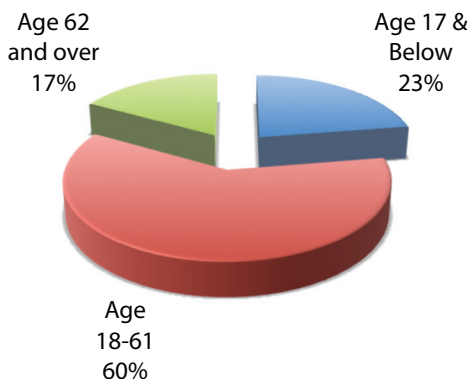
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **17,205** contacts with Pulaski County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=56,217)

► 2008 estimates from the 2000 U.S. Census reported total population as **56,217**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## PROMOTING HEALTHY HOMES AND COMMUNITIES

**T**wo-hundred-eighty families from Central Kentucky attended the “Migrant Day” activities at the Somerset City School. Families included Hispanics, Latinos, and other migrant workers from ten different counties in the area. Families received information from Extension on many health and wellness topics, including food safety, proper hand washing, and using the food guide pyramid to plan healthy menus. The Family and Consumer Sciences Agent taught all participants how to use measuring spoons, dry and liquid measuring cups, and proper hand-washing techniques. An interpreter worked alongside Extension to relay the health and wellness messages. Families also received hand-outs and other visuals in their first language.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Pulaski County was **10.7%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Pulaski County, **2.7%** of mortgages are 90-days delinquent and **1.6%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **35** foreclosures were filed.<sup>5</sup>

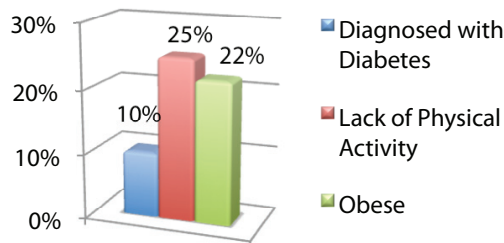
Access to health insurance is another important factor contributing to family well-being. In Pulaski County, **15%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **535** people were involved in addressing issues of their community.
- **121** people were prepared to enter the work force.
- **415** people expanded their knowledge of economic development.
- Pulaski County Extension is involved in **32** community coalitions.

## OUR HEALTH

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



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

- **1,427** people increased knowledge of practices to maintain health and well-being.
- **1,824** people used safe practices to store, handle, and prepare food.
- **450** people developed skills to access affordable food.

## OUR FAMILIES

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

- **16,339** families reside in the county.
- **2,429** families (**14.8%**) live below poverty level.
- Median family income is **\$32,350**.
- **372** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **5,052** people in Pulaski County receive supplemental nutrition assistance. The average family benefit is **\$242.19** per month.<sup>3</sup>

In the county, **142** children live in out-of-home care. There were **181**

child victims of substantiated abuse.<sup>4</sup> There were **130** incidents of adult abuse.<sup>5</sup>

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

- **355** people adopted money management practices to reduce debt and/or increase savings.
- **273** people increased their knowledge and skills related to parenting and personal relationships.
- **385** 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.