

## ROCKCASTLE COUNTY

Hazel Jackson, 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 Rockcastle County resulting in strong families for Kentucky. Educational programs focus on:

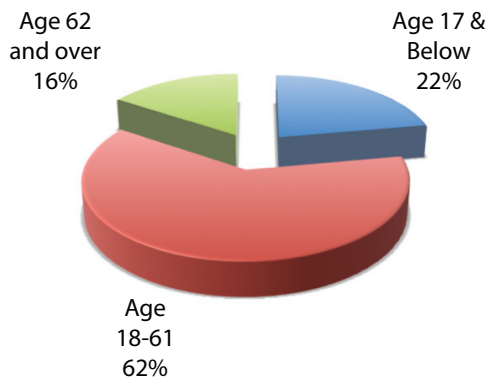
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **10,176** contacts with Rockcastle County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=16,582)

► 2008 estimates from the 2000 U.S. Census reported total population as **16,582**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## PROMOTING HEALTHY HOMES AND COMMUNITIES

In 2009 Family and Consumer Sciences Agents hosted the 12th annual Holiday Cooking School, a holistic program in which participants are educated on healthier recipes, ways to save money, balance time demands, and the need to go green. According to research, the average family increases waste production by 25% during the holidays, resulting in approximately 25 million tons more landfill garbage. Out of 250 attendees, 171 returned the written evaluation. As a direct result of the environmental focus, 38% of the evaluations stated they now understand the importance of going green for the holidays; 36% learned new ways to reduce holiday waste. 92% learned new healthy recipes; 77% learned new holiday decorating ideas.<sup>1</sup>



## OUR COMMUNITY

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

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Rockcastle County, **1.7%** of mortgages are 90-days delinquent and **1.8%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **44** foreclosures were filed.<sup>5</sup>

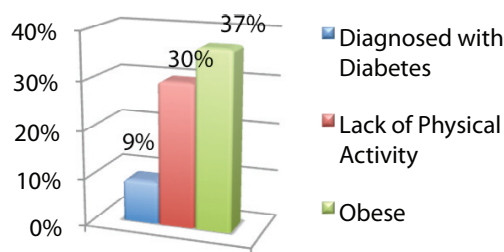
Access to health insurance is another important factor contributing to family well-being. In Rockcastle County, **16%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **54** people were involved in addressing issues of their community.
- **31** people increased their knowledge of governmental process.
- **18** people expanded their knowledge of economic development.
- Rockcastle County Extension is involved in **9** community coalitions.

## OUR HEALTH

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



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

- **302** people increased knowledge of practices to maintain health and well-being.
- **299** people increased knowledge of safe practices to store, handle, and prepare food.
- **200** 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, Rockcastle County families can be described as follows:<sup>2</sup>

- **4,763** families reside in the county.
- **911** families (**19.1%**) live below poverty level.
- Median family income is **\$30,278**.
- **172** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,745** people in Rockcastle County receive supplemental nutrition assistance. The average family benefit is **\$248.64** per month.<sup>3</sup>

In the county, **72** children live in out-of-home care. There were **57**

child victims of substantiated abuse.<sup>4</sup> There were **47** incidents of adult abuse.<sup>5</sup>

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

- **218** adults and youth improved their ability to make informed and effective decisions.
- **255** adults and youth improved practical living skills.
- **12** people increased their knowledge and skills related to parenting and personal relationships.

### 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.