

ROWAN COUNTY

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

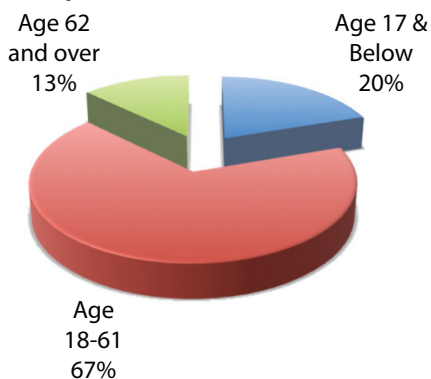
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **3,758** contacts with Rowan County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=22,094)

► 2008 estimates from the 2000 U.S. Census reported total population as **22,094**.² The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

MAKING BENEFICIAL LIFESTYLE CHOICES

Obesity—specifically childhood obesity—is a preventable problem linked to diseases such as diabetes. To teach children the benefits of healthy eating, nutrition habits, and physical activity, Rowan County Extension followed the Exploring MyPyramid with Professor Popcorn curriculum. Of the 800 grade-school students, 425 learned that hands should be washed after sneezing and using the bathroom and before eating. Additionally, 375 were able to identify two or more examples from each of the food groups.

After the program, 150 now eat different kinds of vegetables; 180 eat different kinds of fruits most days. 150 now eat whole grains. 225 almost always wash their hands before they eat; 150 get more physical activity.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Rowan County was **9.1%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Rowan County, **2.9%** of mortgages are 90-days delinquent and **2.3%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **55** foreclosures were filed.⁵

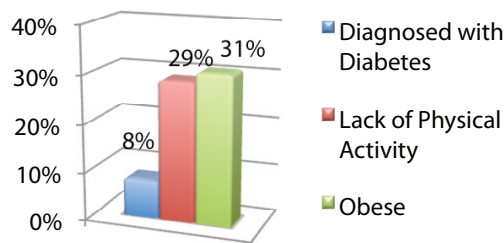
Access to health insurance is another important factor contributing to family well-being. In Rowan County, **16%** of the people under age 65 are uninsured.⁸

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

- **70** people were involved in addressing issues of their community.
- **100** people expanded their knowledge of economic development.
- Rowan County Extension is involved in **13** community coalitions.

OUR HEALTH

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



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

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

OUR FAMILIES

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

- **5,216** families reside in the county.
- **838** families (**15.9%**) live below poverty level.
- Median family income is **\$34,338**.
- **115** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,042** people in Rowan County receive supplemental nutrition assistance. The average family benefit is **\$225.21** per month.³

In the county, **143** children live in out-of-home care. There were **147**

child victims of substantiated abuse.⁴ There were **46** incidents of adult abuse.⁵

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

- **310** adults and youth improved their ability to make informed and effective decisions.
- **100** people adopted money management practices to reduce debt and/or increase savings.
- **210** 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.