

## RUSSELL 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 Russell County resulting in strong families for Kentucky. Educational programs focus on:

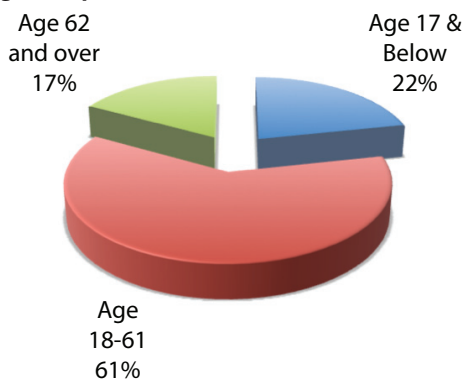
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **3,022** contacts with Russell County families during 2009-2010.<sup>1</sup>

### OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=16,315)

► 2008 estimates from the 2000 U.S. Census reported total population as **16,315**.<sup>2</sup> The graph on the right indicates the percentage by age group.



### SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

In an effort to fight Kentucky's obesity problem with physical activity, the University of Kentucky Cooperative Extension Service coordinated Second Sunday, a state-wide effort designed to get Kentuckians moving with participatory events ranging from walking to using a hula hoop. Second Sunday is a unique opportunity to raise awareness of the need for physical activity in daily life. In October, Russell County hosted a successful Second Sunday during the afternoon at Russell Springs City Park, with approximately 100 people attending the fun. Activities, games, and prizes included a jump-rope contest, flexibility and stretching demonstrations, an inflatable jumping house for small children, and free pedometers for those completing the one-mile walking trail.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Russell County was **10.1%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Russell County, **1.5%** of mortgages are 90-days delinquent and **1.4%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **74** foreclosures were filed.<sup>5</sup>

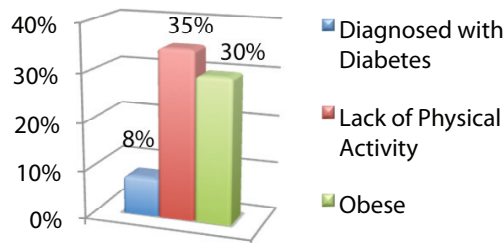
Access to health insurance is another important factor contributing to family well-being. In Russell County, **17%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **20** people were involved in addressing issues of their community.
- **100** people expanded their knowledge of economic development.
- Russell County Extension is involved in **5** community coalitions.

## OUR HEALTH

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



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

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

## OUR FAMILIES

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

- **4,796** families reside in the county.
- **987** families (**20.4%**) live below poverty level.
- Median family income is **\$27,803**.
- **152** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,926** people in Russell County receive supplemental nutrition assistance. The average family benefit is **\$222.70** per month.<sup>3</sup>

In the county, **24** children live in out-of-home care. There were **48**

child victims of substantiated abuse.<sup>4</sup> There were **84** incidents of adult abuse.<sup>5</sup>

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

- **435** adults and youth improved their ability to make informed and effective decisions.
- **175** people adopted money management practices to reduce debt and/or increase savings.
- **500** 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.