

TODD COUNTY

Jill Harris, 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 Todd County resulting in strong families for Kentucky. Educational programs focus on:

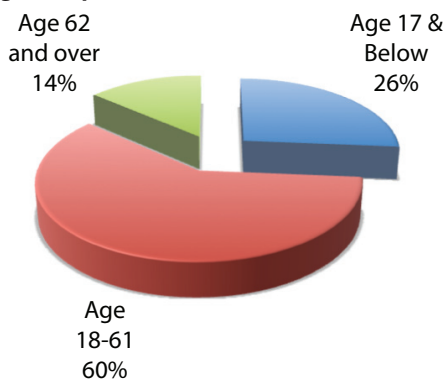
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **12,763** contacts with Todd County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=11,971)

► 2008 estimates from the 2000 U.S. Census reported total population as **11,971**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

To increase physical activity, the Todd County Extension Agent for Family and Consumer Sciences offered America on the Move, a 12-week walking program, with six weeks each in the fall and spring. The program is dedicated to helping individuals and families make small lifestyle changes for a healthier way of life. Twenty-seven families (97 participants) enrolled; ten families (36 participants) completed all twelve weeks. Everyone used a pedometer daily to record their steps. Of the seven families who evaluated the program, 86% reported an increase in activity level; 100% said it helped them lose or maintain weight; and 100% planned to continue to be physically active.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Todd County was **10.6%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Todd County, **2.7%** of mortgages are 90-days delinquent and **0.5%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **25** foreclosures were filed.⁵

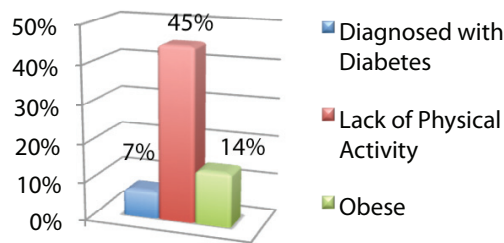
Access to health insurance is another important factor contributing to family well-being. In Todd County, **17%** of the people under age 65 are uninsured.⁸

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

- **80** people were involved in addressing issues of their community.
- **55** people increased their knowledge of governmental process.
- **10** people were prepared to enter the work force.
- Todd County Extension is involved in **7** community coalitions.

OUR HEALTH

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



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

- **102** people increased knowledge of practices to maintain health and well-being.
- **38** people made lifestyle changes to improve health.
- **155** 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, Todd County families can be described as follows:²

- **3,369** families reside in the county.
- **499** families (**14.7%**) live below poverty level.
- Median family income is **\$36,043**.
- **123** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **800** people in Todd County receive supplemental nutrition assistance. The average family benefit is **\$245.08** per month.³

In the county, **34** children live in out-of-home care. There were **49**

child victims of substantiated abuse.⁴ There were **40** incidents of adult abuse.⁵

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

- **222** adults and youth improved their ability to make informed and effective decisions.
- **155** people increased their knowledge and skills related to parenting and personal relationships.
- **277** 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.