

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

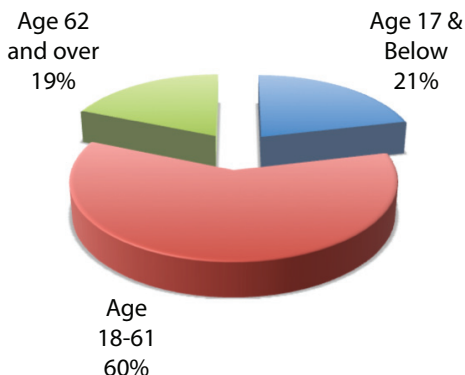
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **6,390** contacts with Trigg County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=12,597)

► 2008 estimates from the 2000 U.S. Census reported total population as **12,597**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

EMBRACING LIFE AS YOU AGE

Physical and lifestyle changes occur during the aging process, and these factors can lead to malnutrition. According to Kentucky: By the Numbers data, 16.6% of Trigg County is over age 65, and 28.7% of total households have someone over 65. The Family and Consumer Sciences Agent worked with the Senior Citizens Center to schedule monthly lessons on nutrition and health. During the past six months an average of 23 clients participated in each lesson. Of the 15 clients completing evaluations, 8 had tried the demonstrated recipes at home; 12 reported they were more willing to try new foods; 9 reported using better food safety techniques; and 8 reported they had improved eating habits.¹



OUR COMMUNITY

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

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Trigg County, **2.2%** of mortgages are 90-days delinquent and **1.6%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **6** foreclosures were filed.⁵

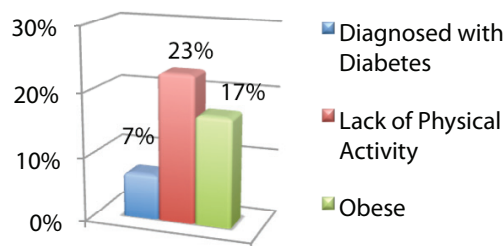
Access to health insurance is another important factor contributing to family well-being. In Trigg County, **12%** of the people under age 65 are uninsured.⁸

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

- **55** people were involved in addressing issues of their community.
- **27** people increased their knowledge of governmental process.
- **35** people expanded their knowledge of economic development.
- Trigg County Extension is involved in **12** community coalitions.

OUR HEALTH

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



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

- **362** people increased knowledge of practices to maintain health and well-being.
- **350** people increased knowledge of safe practices to store, handle, and prepare food.
- **5** people made lifestyle changes to improve health.

OUR FAMILIES

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

- **3,767** families reside in the county.
- **333** families (**8.8%**) live below poverty level.
- Median family income is **\$40,886**.
- **109** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **677** people in Trigg County receive supplemental nutrition assistance. The average family benefit is **\$240.82** per month.³

In the county, **22** children live in out-of-home care. There were **33**

child victims of substantiated abuse.⁴ There were **55** incidents of adult abuse.⁵

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

- **45** adults and youth improved their ability to make informed and effective decisions.
- **20** 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.