

WOODFORD COUNTY

Lori Rice, County Extension Agent, Family & Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2011



OUR FOCUS

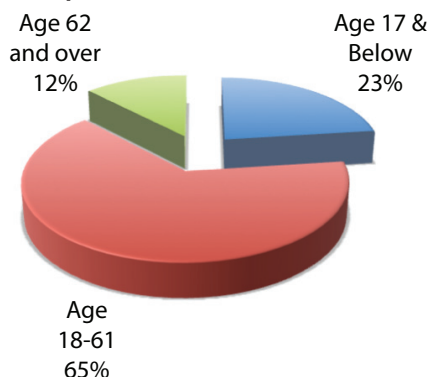
► Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Woodford County resulting in strong families for Kentucky. Educational programs focus on:

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

OUR PEOPLE

Figure 1. Population by Age Group² (n=23,208)

► 2008 estimates from the 2000 U.S. Census reported total population as **23,208**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Woodford County Cooperative Extension Service, offered a 10-week program using Weight: the Reality Series and Get Moving KY curriculum. Designed to assist in adoption of healthier lifestyles and reduce risk of chronic diseases, the program helped 21 adults lose a total of 96 pounds. Twelve participants lost 27 inches and 39 pounds of body fat. Participants reported: exercising/walking daily, drinking more water, limiting portion size, and increasing fruit and vegetable consumption. Over \$70 in fitness center passes were provided by the Parks Department. The Family and Consumer Sciences Agent initiated partnerships, coordinated efforts, shared teaching, provided handouts, demonstrated recipes, and arranged for gift card incentives from the Woodford County Farmer's Market.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Woodford County was **8.1%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Woodford County, **2.9%** of mortgages are 90-days delinquent and **1.4%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **97** foreclosures were filed.⁵

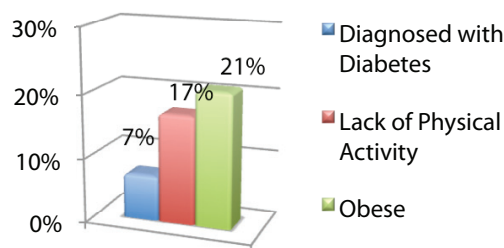
Access to health insurance is another important factor contributing to family well-being. In Woodford County, **11%** of the people under age 65 are uninsured.⁸

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

- **118** people were involved in addressing issues of their community.
- **89** people increased their knowledge of governmental process.
- **32** people expanded their knowledge of economic development.
- Woodford County Extension is involved in **74** community coalitions.

OUR HEALTH

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



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

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

OUR FAMILIES

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

- **6,641** families reside in the county.
- **352** families (**5.2%**) live below poverty level.
- Median family income is **\$58,218**.
- **153** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **823** people in Woodford County receive supplemental nutrition assistance. The average family benefit is **\$253.54** per month.³

In the county, **28** children live in out-of-home care. There were **35**

child victims of substantiated abuse.⁴ There were **50** incidents of adult abuse.⁵

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

- **120** adults and youth improved their ability to make informed and effective decisions.
- **330** people adopted money management practices to reduce debt and/or increase savings.
- **300** 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.