

## BALLARD COUNTY

**Debbie Temple,**  
County Extension Agent, Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2012



### OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Ballard County. As the current economic situation continues to create challenges, educational programs focus on:

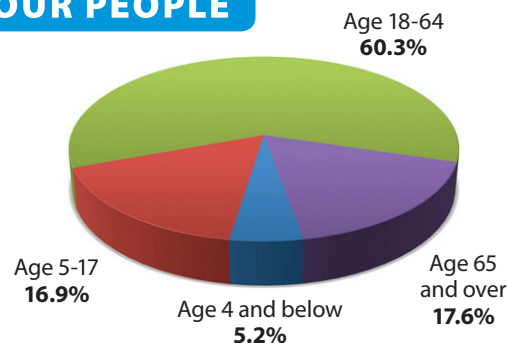
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities.

In 2010-2011, Family and Consumer Sciences Extension made **6,625** contacts with Ballard County individuals and families.<sup>2</sup>

### OUR PEOPLE

#### Population by Age Group<sup>1</sup>

The 2010 U.S. Census reported total population in Ballard County as **8,249**.<sup>1</sup>



### SPOTLIGHT ON ...

## EMBRACING LIFE AS WE AGE

**A**ccording to the National Center for Injury Prevention and Control, more than one-third of adults ages 65 and older fall each year. Many older adults have a fear of falling, which can limit quality of life and independence. To address this, Ballard County Cooperative Extension conducted "A Matter of Balance: Managing Concerns about Falls" training. In two eight-week sessions, this program taught 17 participants to set goals to increase activity, change their environment to reduce falls, and practice strength and balance exercises. After the program all participants felt more comfortable talking about their fear. A majority intended to make changes to their home environment. All felt more comfortable about increasing activity and planned to continue to exercise.

## OUR FAMILIES

According to the 2010 Census,<sup>1</sup> of families in Ballard County with their own children...

- **73.0%** are husband-wife families
- **27.0%** are single parent families

**In addition, there are:**

- **3,397** households
- **1,037** households with 1 or more persons under the age of 18
- **139** grandchildren under 18 years old who live with a grandparent householder
- **1,014** households with at least one person age 65 and over



### As a result of participation in Ballard County Extension programs:<sup>2</sup>

- **140** people increased knowledge of lifestyle changes to improve personal health.
- **51** people increased knowledge of parenting and personal relationships.
- **140** people increased knowledge of practices to maintain health and well-being.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Ballard County was **\$39,995**.<sup>3</sup>

The number of children in poverty in Ballard County was **415** compared to **384** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Ballard County is **1,339** in 2011.<sup>4</sup>

### As a result of participation in Ballard County Extension programs:<sup>2</sup>

- **43** people increased leadership knowledge and skills.
- **43** people improved communication skills to address community issues.
- **131** people made lifestyle changes to improve health.

## OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,<sup>6</sup> between 2005 and 2009 in Ballard County it is estimated that...

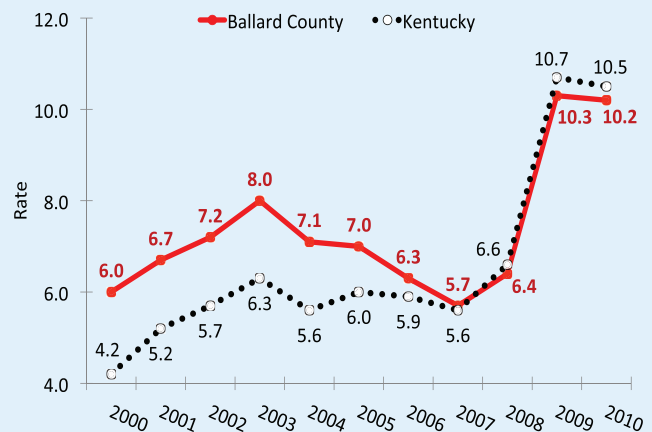
- **44.2%** (+/- 5) are married-couple families with both husband and wife in the labor force
- **59.3%** (+/- 12.6) are children under 6 years old with all parents in the labor force
- **14.4%** (+/- 5) are people 65 years and over below poverty level during the past 12 months

### As a result of participation in Ballard County Extension programs:<sup>2</sup>

- **11** people increased knowledge of economic and enterprise development.
- **43** people adopted money management practices to reduce debt and increase savings.
- **72** people demonstrated increased practical living skills.

### Average Annual Unemployment Rate<sup>5</sup>

(not seasonally adjusted)



#### SOURCES

- <sup>1</sup> U.S. Census Bureau, 2010 Decennial Census.
- <sup>2</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2011.
- <sup>3</sup> U.S. Census Bureau, Small Area Income and Poverty Estimates.
- <sup>4</sup> Kentucky Cabinet for Health and Family Services, Databook, June 2011.
- <sup>5</sup> Bureau of Labor Statistics, Local Area Unemployment Statistics.
- <sup>6</sup> U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.