Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Caldwell 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 7,075 contacts with Caldwell County individuals and families.\(^2\)

**Population by Age Group**

The 2010 U.S. Census reported total population in Caldwell County as 12,984.\(^1\)

**SPOTLIGHT ON ... ACCESSING NUTRITIOUS FOODS**

The Caldwell County EFNEP paraprofessional taught 77 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 54% families made an improvement in the nutritional quality of their diet. 58.25% of EFNEP graduate families consumed a diet of higher quality because they planned meals using the food guide pyramid, considered healthy choices, and used the "Nutrition Facts" label. 87% of families demonstrated an improvement in safe food handling practices and hand washing behavior. 60% of families learned to plan meals ahead of time and use a grocery list to guide food selections. A 60% improvement was shown in the participants' ability to comparison shop for food.
As a result of participation in Caldwell County Extension programs:²
• 136 people increased knowledge of lifestyle changes to improve personal health.
• 32 adults and youth improved their ability to make informed and effective decisions.
• 103 people increased knowledge of safe storage, handling and food preparation.

According to the 2010 Census,¹ of families in Caldwell County with their own children...
• 65.7% are husband-wife families
• 34.3% are single parent families

In addition, there are:
• 5,393 households
• 1,591 households with 1 or more persons under the age of 18
• 262 grandchildren under 18 years old who live with a grandparent householder
• 1,678 households with at least one person age 65 and over

As a result of participation in Caldwell County Extension programs:²
• 132 people increased knowledge of economic and enterprise development.
• 58 people adopted money management practices to reduce debt and increase savings.
• 92 people demonstrated increased practical living skills.

In 2009, the most recent data available, the median household income in Caldwell County was $35,252.³

The number of children in poverty in Caldwell County was 729 compared to 648 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Caldwell County is 2,479 in 2011.⁴

As a result of participation in Caldwell County Extension programs:²
• 62 people increased leadership knowledge and skills.
• 50 people improved communication skills to address community issues.
• 110 people developed skills to access affordable food.

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Caldwell County it is estimated that...
• 50.4% (+/- 5.5) are married-couple families with both husband and wife in the labor force
• 55.9% (+/- 18.6) are children under 6 years old with all parents in the labor force
• 18.2% (+/- 5.8) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Caldwell County Extension programs:²
• 136 people increased knowledge of lifestyle changes to improve personal health.
• 32 adults and youth improved their ability to make informed and effective decisions.
• 103 people increased knowledge of safe storage, handling and food preparation.

Average Annual Unemployment Rate⁵ (not seasonally adjusted)

Sources
1. U.S. Census Bureau, 2010 Decennial Census.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.