Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Carter 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 22,712 contacts with Carter County individuals and families.  

In 2010, the 2010 U.S. Census reported total population in Carter County as 27,720.  

With an obesity rate of 34% and an inactivity rate of 44% (County Health Ratings), Carter County adults risk developing serious diseases. Carter County Family and Consumer Sciences Agent and Little Sandy District Health Department offered "Weight: the Reality Series," a 10-week weight-loss program that taught tools and strategies for successful weight loss. Each week, a low-calorie, nutrient-dense dish was prepared, and weight-loss strategies and exercise were demonstrated. Of the ten participants completing the program, all lost weight and made a lifestyle change. All ten reported monitoring their weight at least weekly, exercising more, eating more fruits and vegetables, and developing a support system. Half reported that they continued to lose weight months after the program.
According to the 2010 Census,¹ of families in Carter County with their own children…
- 70.2% are husband-wife families
- 29.8% are single parent families

In addition, there are:
- 10,760 households
- 3,553 households with 1 or more persons under the age of 18
- 703 grandchildren under 18 years old who live with a grandparent householder
- 3,034 households with at least one person age 65 and over

As a result of participation in Carter County Extension programs:²
- 95 people increased knowledge of lifestyle changes to improve personal health.
- 35 people increased knowledge of parenting and personal relationships.
- 35 people increased knowledge of safe storage, handling and food preparation.

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Carter County it is estimated that…
- 44.6% (± 4) are married-couple families with both husband and wife in the labor force
- 47.8% (± 13.1) are children under 6 years old with all parents in the labor force
- 17.3% (± 4.1) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Carter County Extension programs:²
- 10 people increased knowledge of economic and enterprise development.
- 160 people adopted money management practices to reduce debt and increase savings.
- 760 people demonstrated increased practical living skills.

In 2009, the most recent data available, the median household income in Carter County was $33,888.³

The number of children in poverty in Carter County was 2,223 compared to 2,100 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Carter County is 7,705 in 2011.⁴

As a result of participation in Carter County Extension programs:²
- 65 people increased leadership knowledge and skills.
- 301 people improved communication skills to address community issues.
- 35 people developed skills to access affordable food.