Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Christian 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 27,462 contacts with Christian County individuals and families.²

According to most national parameters, adult health is declining, with Christian County illustrating the trend: 24.4% of adults are obese, 31.2% get little to no exercise, 31.7% have high blood pressure, and 9.6% have diabetes. Christian County developed a Healthy Communities Leadership Coalition, whose first project, "Hopdown the Pounds," was based on TV's "Biggest Loser." Over the eight weeks between two weigh-ins, programs were offered to increase activity and nutritious food choices, totaling two cooking, five nutrition, and eight exercise classes. Of the 453 adults who started, 164 (36%) weighed in the final day. Of those, 144 (88%) lost weight. Overall loss was 1,494.7 pounds, an average of 10.4 per person. The top loser lost 41.4 pounds.

**Population by Age Group**¹

The 2010 U.S. Census reported total population in Christian County as 73,955.¹

- Age 18-64: 61.2%
- Age 65 and over: 10.3%
- Age 4 and below: 9.8%
- Age 5-17: 18.7%

**BUILDING STRONG FAMILIES FOR KENTUCKY 2012**

**OUR FOCUS**

**OUR PEOPLE**

**SPOTLIGHT ON ...**

**MAKING HEALTHY LIFESTYLE CHOICES**
According to the 2010 Census, of families in Christian County with their own children…
- 64.3% are husband-wife families
- 35.7% are single parent families

In addition, there are:
- 26,144 households
- 10,633 households with 1 or more persons under the age of 18
- 1,214 grandchildren under 18 years old who live with a grandparent householder
- 5,459 households with at least one person age 65 and over

As a result of participation in Christian County Extension programs:
- 1,435 people increased knowledge of lifestyle changes to improve personal health.
- 250 people increased knowledge of parenting and personal relationships.
- 460 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Christian County was $35,785.
The number of children in poverty in Christian County was 5,965 compared to 5,832 in 2006.
The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Christian County is 13,200 in 2011.

As a result of participation in Christian County Extension programs:
- 416 people increased leadership knowledge and skills.
- 120 people improved communication skills to address community issues.
- 350 people developed skills to access affordable food.

As a result of participation in Christian County Extension programs:
- 112 people increased knowledge of economic and enterprise development.
- 400 people adopted money management practices to reduce debt and increase savings.
- 250 people demonstrated increased practical living skills.

According to the 2010 American Community Survey 5-year estimates, between 2005 and 2009 in Christian County it is estimated that…
- 48.2% (+/- 2.8) are married-couple families with both husband and wife in the labor force
- 52.8% (+/- 5.2) are children under 6 years old with all parents in the labor force
- 9.3% (+/- 2.4) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Christian County Extension programs:
- 1,435 people increased knowledge of lifestyle changes to improve personal health.
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- 460 people increased knowledge of safe storage, handling and food preparation.

Average Annual Unemployment Rate (not seasonally adjusted)

Sources:
1 U.S. Census Bureau, 2010 Decennial Census.
3 U.S. Census Bureau, Small Area Income and Poverty Estimates.
4 Kentucky Cabinet for Health and Family Services, Databook, June 2011.
6 U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.