Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Clark 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 9,690 contacts with Clark County individuals and families.

The American Heart Association recommends a heart-healthy diet to reduce heart disease, diabetes, and certain cancers. Clark County Cooperative Extension Service collaborated with Freeman Corporation, Sekisui S-Lec America, and East Kentucky Power Cooperative to sponsor "lunch and learn" sessions for over 125 employees that emphasized food purchasing, preparation, and recipe modification. At the conclusion, 82% reported using class recipes with modified sugar, salt, and fat, and adapting family recipes. 25% reported preparing more fruits and vegetables; and 50% prepared healthier cuts of meat. Also as a result of the programming, Cooperative Extension participates in health fairs for the whole family at these locations. One industrial site provides rewards to its employee HSA for attending lunch sessions.
Our Families

According to the 2010 Census,¹ of families in Clark County with their own children:

- 66.0% are husband-wife families
- 34.0% are single parent families

In addition, there are:
- 14,267 households
- 4,779 households with 1 or more persons under the age of 18
- 802 grandchildren under 18 years old who live with a grandparent householder
- 3,717 households with at least one person age 65 and over

As a result of participation in Clark County Extension programs:²

- 1,291 people increased knowledge of lifestyle changes to improve personal health.
- 70 people increased knowledge of parenting and personal relationships.
- 3,524 people increased knowledge of safe storage, handling and food preparation.

Our Community

In 2009, the most recent data available, the median household income in Clark County was $44,908.³

The number of children in poverty in Clark County was 1,875 compared to 1,652 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Clark County is 7,408 in 2011.⁴

As a result of participation in Clark County Extension programs:²

- 1,740 people increased leadership knowledge and skills.
- 1,740 people improved communication skills to address community issues.
- 858 people developed skills to access affordable food.

Average Annual Unemployment Rate⁵ (not seasonally adjusted)

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

- 53.8% (+/- 2.8) are married-couple families with both husband and wife in the labor force
- 74.2% (+/- 8) are children under 6 years old with all parents in the labor force
- 14% (+/- 3.1) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Clark County Extension programs:²

- 90 people increased knowledge of economic and enterprise development.
- 70 people adopted money management practices to reduce debt and increase savings.
- 337 people demonstrated increased practical living skills.

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.

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