Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Clinton 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 19,899 contacts with Clinton County individuals and families.

According to Kentucky Institute of Medicine’s 2007 "The Health of Kentucky: A County Assessment," 29% of Clinton County adults lack physical activity; 16% are obese; and 13% have diabetes. In response, Clinton County Extension Service and Health Coalition sponsored "Big Blue Shape-Up," which teaches nutrition and exercise. A weekly weigh-in was followed by lessons on label reading, portion control, menu planning and wise spending. After the program participants reported saving an average of $21 per week on groceries. 53% reported planning and preparing more meals at home. Evaluation comments included: "I am more aware of weight and healthy eating," "My son will always remember the diabetes-sugar talk," and "I like having accountability." 62 participants lost a total of 259.1 pounds.
According to the 2010 Census,¹ of families in Clinton County with their own children…
- 66.4% are husband-wife families
- 33.6% are single parent families

In addition, there are:
- 4,358 households
- 1,339 households with 1 or more persons under the age of 18
- 215 grandchildren under 18 years old who live with a grandparent householder
- 1,279 households with at least one person age 65 and over

As a result of participation in Clinton County Extension programs:²
- 4,801 people increased knowledge of lifestyle changes to improve personal health.
- 1,647 people increased knowledge of parenting and personal relationships.
- 1,005 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Clinton County was $25,776.³

The number of children in poverty in Clinton County was 853 compared to 856 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Clinton County is 2,864 in 2011.⁴

As a result of participation in Clinton County Extension programs:²
- 862 people increased leadership knowledge and skills.
- 3,967 people improved communication skills to address community issues.
- 171 people developed skills to access affordable food.

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Clinton County it is estimated that…
- 43% (+/- 8.2) are married-couple families with both husband and wife in the labor force
- 46.6% (+/- 15.6) are children under 6 years old with all parents in the labor force
- 29.5% (+/- 9.8) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Clinton County Extension programs:²
- 44 people increased knowledge of economic and enterprise development.
- 632 people adopted money management practices to reduce debt and increase savings.
- 2,039 people demonstrated increased practical living skills.

Average Annual Unemployment Rate⁵
(not seasonally adjusted)

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</tbody>
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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.