Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Cumberland 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 contacts with Cumberland County individuals and families. In 2010 U.S. Census reported total population in Cumberland County as 6,856.1

**Population by Age Group**

The 2010 U.S. Census reported total population in Cumberland County as 6,856.1

**OUR PEOPLE**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-64</td>
<td>58.7%</td>
</tr>
<tr>
<td>Age 5-17</td>
<td>15.8%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>6.4%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>19.1%</td>
</tr>
</tbody>
</table>

**SPOTLIGHT ON ...**

**SECURING FINANCIAL STABILITY**

Debt, mortgage foreclosures, and bankruptcies continue to rise, in our country, state, and county. According to the Office of Unemployment and Training (March 2011), Kentucky has an unemployment rate of 10.2% and Cumberland County has a rate of 12.6%. In an effort to educate youth about money management and improve their employability skills, the Family and Consumer Sciences agent presented the program Money Matters. Twenty-three 6th grade students were taught six consecutive lessons to build the skills of consumerism, entrepreneurship, currency/resources, savings, and the value of money. Students participated in team building activities, and role-playing activities to learn and incorporate appropriate business dress/behavior and employability skills. 90% of participants reported learning a new employability skill.
According to the 2010 Census,¹ of families in Cumberland County with their own children…
- 66.3% are husband-wife families
- 33.7% are single parent families

In addition, there are:
- 2,883 households
- 832 households with 1 or more persons under the age of 18
- 157 grandchildren under 18 years old who live with a grandparent householder
- 942 households with at least one person age 65 and over

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

As a result of participation in Cumberland County Extension programs:²
- 299 people increased leadership knowledge and skills.
- 662 people improved communication skills to address community issues.
- 114 people developed skills to access affordable food.

In 2009, the most recent data available, the median household income in Cumberland County was $26,913.³ The number of children in poverty in Cumberland County was 511 compared to 581 in 2006.³ The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Cumberland County is 1,866 in 2011.⁴

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

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Cumberland County it is estimated that…
- 44.3% (+/− 8) are married-couple families with both husband and wife in the labor force
- 59.3% (+/− 22) are children under 6 years old with all parents in the labor force
- 26.1% (+/− 9.9) are people 65 years and over below poverty level during the past 12 months

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