Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Greenup 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 6,728 contacts with Greenup County individuals and families.²

The 2010 U.S. Census reported total population in Greenup County as 36,910.¹

### Population by Age Group

- **Age 18-64**: 60.4%
- **Age 5-17**: 16.8%
- **Age 4 and below**: 5.8%
- **Age 65 and over**: 17.0%

### Making Healthy Lifestyle Choices

With diabetes a leading cause of death and disability, Greenup County Extension Council identified health and wellness as a major program issue. A partnership between the county health department, Cooperative Extension Service, and Extension Homemaker Association Foods/Nutrition Chairpersons was developed to address this issue. A four-week session, "Dining with Diabetes," was conducted for an average of 30 diabetics and/or caregivers, to address everyday issues such as meal planning, food safety, cooking, making wise food choices, counting carbohydrates, and portion control. Food demonstrations and diabetic-friendly recipes were important components of the four-week session. Participants gained knowledge to use spices, control portions, read labels, and use sweeteners and nutrition oils in food preparation.
According to the 2010 Census,\(^1\) of families in Greenup County with their own children…
- 73.3% are husband-wife families
- 26.7% are single parent families

In addition, there are:
- 14,671 households
- 4,713 households with 1 or more persons under the age of 18
- 968 grandchildren under 18 years old who live with a grandparent householder
- 4,494 households with at least one person age 65 and over

As a result of participation in Greenup County Extension programs:\(^2\)
- 1,104 people increased knowledge of lifestyle changes to improve personal health.
- 100 people increased knowledge of parenting and personal relationships.
- 60 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Greenup County was $39,382.\(^3\)

The number of children in poverty in Greenup County was 1,884 compared to 1,778 in 2006.\(^3\)

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Greenup County is 6,764 in 2011.\(^4\)

As a result of participation in Greenup County Extension programs:\(^2\)
- 335 people increased leadership knowledge and skills.
- 574 people improved communication skills to address community issues.
- 75 people developed skills to access affordable food.

According to the 2010 American Community Survey 5-year estimates,\(^6\) between 2005 and 2009 in Greenup County it is estimated that…
- 41.7% (+/− 2.6) are married-couple families with both husband and wife in the labor force
- 60.3% (+/− 7.9) are children under 6 years old with all parents in the labor force
- 9.8% (+/− 2.6) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Greenup County Extension programs:\(^2\)
- 722 people increased knowledge of economic and enterprise development.
- 50 people adopted money management practices to reduce debt and increase savings.
- 953 people demonstrated increased practical living skills.

Average Annual Unemployment Rate\(^5\)
(not seasonally adjusted)

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<tr>
<th>Year</th>
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</table>

\(^1\) 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.