Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Hart 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 16,193 contacts with Hart County individuals and families.²

### Population by Age Group²

The 2010 U.S. Census reported total population in Hart County as **18,199**.¹

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-64</td>
<td>60.1%</td>
</tr>
<tr>
<td>Age 5-17</td>
<td>18.5%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>6.5%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>14.9%</td>
</tr>
</tbody>
</table>

### Spotlight on...

**ACCESSING NUTRITIOUS FOODS**

In 2009 FCS Advisory Council identified hunger and food insecurity as a large problem in Hart County schools. To address this, the Feeding America: BackPack Program was implemented, with 160 schoolchildren participating in 2010-2011, an increase from 125 the previous year. Children "at risk for hunger" had food discreetly placed in their backpack each Friday. FCS was able to serve up to 125 children each week. School personnel noticed an improvement in the children's behavior, with less evidence of hunger. One wide-eyed child asked, "This is all for me?" One grateful parent reported she had gone back to work and would not need food any more. Another asked if she could pick up food for her four sick children.
OUR FAMILIES

According to the 2010 Census, of families in Hart County with their own children:
- 71.8% are husband-wife families
- 28.2% are single parent families

In addition, there are:
- 7,097 households
- 2,354 households with 1 or more persons under the age of 18
- 412 grandchildren under 18 years old who live with a grandparent householder
- 1,984 households with at least one person age 65 and over

As a result of participation in Hart County Extension programs:
- 539 people increased knowledge of lifestyle changes to improve personal health.
- 111 people increased knowledge of parenting and personal relationships.
- 482 people increased knowledge of safe storage, handling and food preparation.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates, between 2005 and 2009 in Hart County it is estimated that:
- 43.7% (+/- 5.1) are married-couple families with both husband and wife in the labor force
- 61.3% (+/- 11.7) are children under 6 years old with all parents in the labor force
- 26.9% (+/- 5.8) are people 65 years and over below poverty level during the past 12 months

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

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Hart County was $29,989.
The number of children in poverty in Hart County was 1,544 compared to 1,397 in 2006.
The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Hart County is 4,069 in 2011.

As a result of participation in Hart County Extension programs:
- 139 people increased leadership knowledge and skills.
- 401 people improved communication skills to address community issues.
- 300 people developed skills to access affordable food.

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