Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Jackson County. As the current economic situation continues to create challenges, educational programs focus on:

- **Making Healthy Lifestyle Choices**
- **Nurturing Families**
- **Embracing Life as We Age**
- **Securing Financial Stability**
- **Promoting Healthy Homes and Communities**
- **Accessing Nutritious Food**
- **Empowering Community Leaders**

In 2010-2011, Family and Consumer Sciences Extension made 16,104 contacts with Jackson County individuals and families. In 2010, the population of Jackson County was reported as 13,494.

### OUR PEOPLE

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-64</td>
<td>62.6%</td>
</tr>
<tr>
<td>Age 5-17</td>
<td>17.5%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>6.1%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>13.8%</td>
</tr>
</tbody>
</table>

### SPOTLIGHT ON...

#### ACCESSING NUTRITIOUS FOODS

The Jackson County Nutrition Education Program (NEP) para-professionals taught 214 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 98.95% families made an improvement in the nutritional quality of their diet. 55.5% of NEP graduate families consumed a diet of higher quality because they planned meals using the food guide pyramid, considered healthy choices, and used the "Nutrition Facts" label. 41% of families increased the frequency of moderate physical activity for 30 minutes per day. 49% of families demonstrated an improvement in safe food handling practices and hand washing behavior. 61% of families learned to plan meals ahead of time and use a grocery list to guide food selections.
According to the 2010 Census,1 of families in Jackson County with their own children…

- 71.6% are husband-wife families
- 28.4% are single parent families

In addition, there are:

- 5,486 households
- 1,814 households with 1 or more persons under the age of 18
- 314 grandchildren under 18 years old who live with a grandparent householder
- 1,424 households with at least one person age 65 and over

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

- 249 people increased knowledge of lifestyle changes to improve personal health.
- 11 people increased knowledge of parenting and personal relationships.
- 251 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Jackson County was $25,634.3

The number of children in poverty in Jackson County was 1,234 compared to 1,221 in 2006.3

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Jackson County is 4,745 in 2011.4

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

- 14 people increased leadership knowledge and skills.
- 67 people improved communication skills to address community issues.
- 25 people developed skills to access affordable food.

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

- 40.4% (+/- 4.6) are married-couple families with both husband and wife in the labor force
- 45.9% (+/- 18.7) are children under 6 years old with all parents in the labor force
- 29.8% (+/- 7.9) are people 65 years and over below poverty level during the past 12 months

Average Annual Unemployment Rate5 (not seasonally adjusted)

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

- 9 people increased knowledge of economic and enterprise development.
- 75 people adopted money management practices to reduce debt and increase savings.
- 275 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.