Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Johnson 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 17,935 contacts with Johnson County individuals and families.2

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**Population by Age Group**

The 2010 U.S. Census reported total population in Johnson County as **23,356**.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 5-17</td>
<td>16.6%</td>
</tr>
<tr>
<td>Age 18-64</td>
<td>63.4%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>14.1%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>5.8%</td>
</tr>
</tbody>
</table>

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**MAKING HEALTHY LIFESTYLE CHOICES**

Nutrition and health education programs remain the leading strategy to address bleak health statistics. Johnson County Family and Consumer Sciences Agent piloted a program at Highlands Elementary that reached students with information about nutrition and physical activity. The nine-day effort reached 483 students, plus the faculty, staff, and leadership. Before the program, 10% of the student body could name all categories of the food pyramid, none could name the basic nutrients, and fewer than 2% knew how many calories they needed. The post-evaluation revealed that 44% knew how many calories they needed; 67% could list the food groups; 25% knew the basic nutrients; 66% reported eating more fruits and vegetables; 57% began eating more whole grain foods; and 40% began eating foods lower in fat.
According to the 2010 Census, 1
of families in Johnson County
with their own children...
• 72.7% are husband-wife families
• 27.3% are single parent families

As a result of participation in
Johnson County Extension programs: 2
• 941 people increased knowledge
of lifestyle changes to improve personal health.
• 280 people increased knowledge
of parenting and personal relationships.
• 625 people increased knowledge of safe
storage, handling and food preparation.

According to the 2010 American Community
Survey 5-year estimates, 6 between 2005 and 2009 in
Johnson County it is estimated that...
• 32.9% (+/- 3.9) are married-couple families
  with both husband and wife in the labor force
• 39.3% (+/- 9.6) are children under 6 years old
  with all parents in the labor force
• 18% (+/- 5.3) are people 65 years and over
  below poverty level during the past 12 months

As a result of participation in
Johnson County Extension programs: 2
• 290 people increased knowledge
  of economic and enterprise development.
• 5 people adopted money
  management practices to reduce debt
  and increase savings.
• 791 people demonstrated increased
  practical living skills.

In 2009, the most recent data available, the median
household income in Johnson County was $32,063. 3
The number of children in poverty in Johnson County
was 1,798 compared to 1,855 in 2006. 3
The total number of people receiving Supplemental
Nutrition Assistance Program (SNAP) benefits in
Johnson County is 6,991 in 2011. 4

As a result of participation in
Johnson County Extension programs: 2
• 245 people increased leadership
  knowledge and skills.
• 65 people improved communication skills
  to address community issues.
• 400 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.