Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Lawrence 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 16,330 contacts with Lawrence County individuals and families.²

### Population by Age Group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 5-17</td>
<td>16.5%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>6.7%</td>
</tr>
<tr>
<td>Age 18-64</td>
<td>62.6%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

Lawrence County has a high rate of diabetes, with 8.1% of the county population suffering from the disease. An advisory team, led by the Family and Consumer Sciences Agent, comprised of health/education professionals, hospital, county health department, and board of education implemented a 10-week series, "Taking Control of Your Diabetes." Professionals and educators addressed issues such as monitoring blood glucose/hemoglobin A1-C; physical therapy; physical activity; nutrition; foot care, medications and more. Evaluations after the program ended, revealed that 75% know more about their medications and take better care of their feet. 60% count carbohydrates and monitor blood glucose and hemoglobin A1-C more effectively. As a result of the series, a local diabetes support group has begun monthly meetings.

**OUR PEOPLE**

Age 18-64
62.6%

Age 5-17
16.5%

Age 4 and below
6.7%

Age 65 and over
14.2%
OUR FAMILIES

According to the 2010 Census,¹ of families in Lawrence County with their own children…
• 74.7% are husband-wife families
• 25.3% are single parent families

In addition, there are:
• 6,239 households
• 2,078 households with 1 or more persons under the age of 18
• 431 grandchildren under 18 years old who live with a grandparent householder
• 1,683 households with at least one person age 65 and over

As a result of participation in Lawrence County Extension programs:²
• 1,486 people increased knowledge of lifestyle changes to improve personal health.
• 9 people increased knowledge of parenting and personal relationships.
• 115 people increased knowledge of safe storage, handling and food preparation.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Lawrence County it is estimated that…
• 32% (+/- 4.9) are married-couple families with both husband and wife in the labor force
• 44.2% (+/- 13.6) are children under 6 years old with all parents in the labor force
• 19% (+/- 6.1) are people 65 years and over below poverty level during the past 12 months

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

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Lawrence County was $30,855.³

The number of children in poverty in Lawrence County was 1,586 compared to 1,316 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Lawrence County is 4,840 in 2011.⁴

As a result of participation in Lawrence County Extension programs:²
• 460 people increased leadership knowledge and skills.
• 861 people improved communication skills to address community issues.
• 73 people developed skills to access affordable food.

Average Annual Unemployment Rate⁵ (not seasonally adjusted)

As shown in the graph, the average annual unemployment rate in Lawrence County was 12.2% in 2009 compared to 10.5% for Kentucky.

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.

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