Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Martin 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 5,576 contacts with Martin County individuals and families.²

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**Population by Age Group¹**

The 2010 U.S. Census reported total population in Martin County as **12,929**.¹

- Age 18-64: 67.4%
- Age 65 and over: 11.2%
- Age 5-17: 15.7%
- Age 4 and below: 5.7%

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**Spotlight on …**

**Securing Financial Stability**

The Martin County Cooperative Family and Consumer Sciences Agent offered budgeting classes from "Small Steps to Health and Wealth," a program that focuses on adjusting personal spending and eating habits. As a result, 79% of participants now track spending and 100% have created a personal or household budget. 100% have made healthier food choices such as eating more whole foods and fruits, and 79% now get more exercise as a result of the program. Testimonials include: "This opened my eyes that people with little can have plenty with goals and organization," and "This program helped me by showing that I can set my goals the way I need to."
According to the 2010 Census, of families in Martin County with their own children,…

- 69.9% are husband-wife families
- 30.1% are single parent families

In addition, there are:
- 4,516 households
- 1,522 households with 1 or more persons under the age of 18
- 357 grandchildren under 18 years old who live with a grandparent householder
- 1,102 households with at least one person age 65 and over

As a result of participation in Martin County Extension programs:
- 400 people increased knowledge of lifestyle changes to improve personal health.
- 50 people increased knowledge of parenting and personal relationships.
- 150 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Martin County was $25,825.

The number of children in poverty in Martin County was 1,343 compared to 1,290 in 2006.

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Martin County is 4,474 in 2011.

As a result of participation in Martin County Extension programs:
- 200 people increased leadership knowledge and skills.
- 210 people improved communication skills to address community issues.
- 50 people developed skills to access affordable food.

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

- 23.7% (+/- 6.8) are married-couple families with both husband and wife in the labor force
- 29.5% (+/- 13.4) are children under 6 years old with all parents in the labor force
- 20.3% (+/- 6.9) are people 65 years and over below poverty level during the past 12 months

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

Average Annual Unemployment Rate (not seasonally adjusted)

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**SOURCES**
- 1. U.S. Census Bureau, 2010 Decennial Census.