Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Menifee 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 11,774 contacts with Menifee County individuals and families.2

Population by Age Group1

The 2010 U.S. Census reported total population in Menifee County as 6,306.1

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 5-17</td>
<td>17.7%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>5.5%</td>
</tr>
<tr>
<td>Age 18-64</td>
<td>60.8%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>15.9%</td>
</tr>
</tbody>
</table>

**SPOTLIGHT ON ...**

**MAKING HEALTHY LIFESTYLE CHOICES**

To address an obesity rate of 30.9%, Menifee County Cooperative Extension Service, in partnership with Menifee County Board of Education for the Get Menifee Moving initiative, offered "Weight: The Reality Series," (WTRS) an eight-session series over 10 weeks. WTRS teaches participants how to maintain a healthy body weight and body image. Topics included portion control, designing a plan for weight loss, and understanding what is eaten. Sessions, taught to 40 participants, followed a classroom style, using handouts, discussion, and examples of healthy foods and physical activity at a local elementary school. Survey results showed that 20% of participants lost more than 5% body weight; and 5% lost more than 10% body weight.
OUR FAMILIES

According to the 2010 Census,¹ of families in Menifee County with their own children…
- 71.6% are husband-wife families
- 28.4% are single parent families

In addition, there are:
- 2,440 households
- 777 households with 1 or more persons under the age of 18
- 184 grandchildren under 18 years old who live with a grandparent householder
- 707 households with at least one person age 65 and over

As a result of participation in Menifee County Extension programs:²
- 30 people adopted money management practices to reduce debt and increase savings.
- 250 people demonstrated increased practical living skills.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Menifee County it is estimated that…
- 45.9% (+/- 10.6) are married-couple families with both husband and wife in the labor force
- 50.2% (+/- 20.8) are children under 6 years old with all parents in the labor force
- 20.9% (+/- 11.7) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Menifee County Extension programs:²
- 30 people adopted money management practices to reduce debt and increase savings.
- 250 people demonstrated increased practical living skills.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Menifee County was $27,241.³

The number of children in poverty in Menifee County was 603 compared to 563 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Menifee County is 1,984 in 2011.⁴

As a result of participation in Menifee County Extension programs:²
- 18 people increased leadership knowledge and skills.
- 18 people improved communication skills to address community issues.
- 65 people developed skills to access affordable food.

Average Annual Unemployment Rate⁵
(not seasonally adjusted)

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.