Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Monroe 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 6,806 contacts with Monroe County individuals and families.²

### Population by Age Group

The 2010 U.S. Census reported total population in Monroe County as **10,963**.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-64</td>
<td>59.6%</td>
</tr>
<tr>
<td>Age 5-17</td>
<td>17.4%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>5.9%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

### SPOTLIGHT ON ...

**ACCESSING NUTRITIOUS FOOD**

With a poverty rate of 23.4%, the Monroe County Family and Consumer Sciences Agent provided programming to limited resource families. The agent provided over 900 low-income families with food-stamp nutrition education on a bimonthly basis at the commodity food distribution. Sample consumption at the commodity food distribution increased from 25% to 40%. 57 youth ages three to five participated in "Jump Into Foods and Fitness" and "Literacy, Eating, and Activity for Preschool," and at the end of the school year, 80% knew basic food groups and could differentiate between healthy and junk foods. Over 1,000 limited resource individuals learned to serve more nutritious meals, keep food safe, use coupon, budget, try new recipes, and use local food resources.
**OUR FAMILIES**

According to the 2010 Census,1 of families in Monroe County with their own children...

- 68.7% are husband-wife families
- 31.3% are single parent families

In addition, there are:

- 4,509 households
- 1,397 households with 1 or more persons under the age of 18
- 228 grandchildren under 18 years old who live with a grandparent householder
- 1,365 households with at least one person age 65 and over

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

- 812 people increased knowledge of lifestyle changes to improve personal health.
- 95 people increased knowledge of parenting and personal relationships.
- 1,066 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 Monroe County it is estimated that...

- 43.6% (+/- 6.1) are married-couple families with both husband and wife in the labor force
- 61% (+/- 19.1) are children under 6 years old with all parents in the labor force
- 32.4% (+/- 7.7) are people 65 years and over below poverty level during the past 12 months

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

- 29 people increased knowledge of economic and enterprise development.
- 87 people adopted money management practices to reduce debt and increase savings.
- 324 people demonstrated increased practical living skills.

**OUR COMMUNITY**

In 2009, the most recent data available, the median household income in Monroe County was $26,650.3

The number of children in poverty in Monroe County was 985 compared to 933 in 2006.3

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Monroe County is 2,824 in 2011.4

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

- 123 people increased leadership knowledge and skills.
- 179 people improved communication skills to address community issues.
- 268 people developed skills to access affordable food.

Average Annual Unemployment Rate5

(Not seasonally adjusted)

<table>
<thead>
<tr>
<th>Year</th>
<th>Monroe County</th>
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<tbody>
<tr>
<td>2000</td>
<td>8.2</td>
<td>10.7</td>
</tr>
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<td>2001</td>
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<td>11.5</td>
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</tbody>
</table>

**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.