Building Strong Families for Kentucky 2012

Our Focus

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Oldham 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 11,036 contacts with Oldham County individuals and families.

Population by Age Group

The 2010 U.S. Census reported total population in Oldham County as 60,316.

- Age 18-64: 62.9%
- Age 65 and over: 9.2%
- Age 4 and below: 5.7%
- Age 5-17: 22.2%

Spotlight on...

Making Healthy Lifestyle Choices

Oldham County is considered one of the healthiest counties in Kentucky, but obesity in children and adults is increasing. Because of that rise, the Oldham County Family and Consumer Sciences Agent collaborated with the health department and community partners to provide classes and information on healthy eating and cooking. "Kids Cooking Camp" was a popular series; with 25 students attending a weeklong summer class in which they planned and prepared healthy meals. Food safety, serving sizes, cooking terms, and proper use of equipment were demonstrated and practiced. The series also addressed the importance of physical activity. Other weight-control programs offered included "Small Steps to Health and Wealth," "Taking Control of Your Diabetes," and "Happy, Healthy Seniors."
According to the 2010 Census,1 of families in Oldham County with their own children:

- 80.6% are husband-wife families
- 19.4% are single parent families

In addition, there are:

- 19,431 households
- 8,703 households with 1 or more persons under the age of 18
- 707 grandchildren under 18 years old who live with a grandparent household
- 3,780 households with at least one person age 65 and over

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

- 607 people increased knowledge of lifestyle changes to improve personal health.
- 325 people increased knowledge of parenting and personal relationships.
- 278 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Oldham County was $79,353.3

The number of children in poverty in Oldham County was 1,035 compared to 806 in 2006.3

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

According to the 2010 American Community Survey 5-year estimates,6 between 2005 and 2009 in Oldham County it is estimated that:

- 57.5% (± 2.4) are married-couple families with both husband and wife in the labor force
- 66.2% (± 4.9) are children under 6 years old with all parents in the labor force
- 9.6% (± 6.8) are people 65 years and over below poverty level during the past 12 months

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

- 107 people increased knowledge of economic and enterprise development.
- 300 people adopted money management practices to reduce debt and increase savings.
- 110 people demonstrated increased practical living skills.

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

- 989 people increased leadership knowledge and skills.
- 225 people improved communication skills to address community issues.
- 210 people developed skills to access affordable food.

Average Annual Unemployment Rate5
(not seasonally adjusted)

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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.