

## PULASKI COUNTY

Edith Lovett,  
County Extension Agent, Family & Consumer Sciences

# 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 Pulaski County. As the current economic situation continues to create challenges, educational programs focus on:

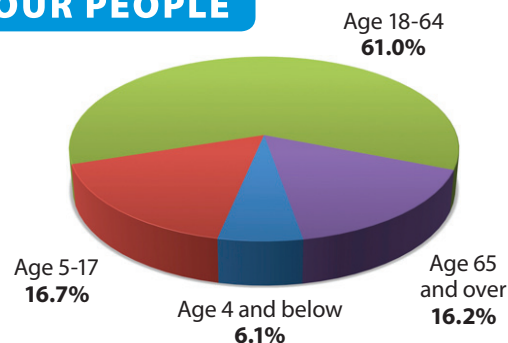
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **20,649** contacts with Pulaski County individuals and families.<sup>2</sup>

### OUR PEOPLE

#### Population by Age Group<sup>1</sup>

The 2010 U.S. Census reported total population in Pulaski County as **63,063**.<sup>1</sup>



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

In 2008, Kentucky's diabetes rate was ninth highest in the U.S., and statewide, an estimated 324,000 adults have diabetes. Pulaski County has one of the highest death rates from diabetes. The Pulaski County Family and Consumer Sciences Agent worked to address this major health issue with a diabetes health expo, in collaboration with county health department, and Lake Cumberland Hospital. The health expo was held at Somerset Mall. More than 800 attended the May event and received information from 66 agencies about diabetes prevention and control. Extension provided educational materials, recipes, and snacks. Participants received information on exercising to improve health, how smoking affects diabetes, body-fat analysis, and related health topics. After the expo, the participation rate for weekly diabetes classes increased.

## OUR FAMILIES

According to the 2010 Census,<sup>1</sup> of families in Pulaski County with their own children...

- **67.2%** are husband-wife families
- **32.8%** are single parent families

**In addition, there are:**

- **25,722** households
- **8,084** households with 1 or more persons under the age of 18
- **1,279** grandchildren under 18 years old who live with a grandparent householder
- **7,345** households with at least one person age 65 and over



### As a result of participation in Pulaski County Extension programs:<sup>2</sup>

- **1,781** people increased knowledge of lifestyle changes to improve personal health.
- **50** people increased knowledge of parenting and personal relationships.
- **928** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Pulaski County was **\$32,038**.<sup>3</sup>

The number of children in poverty in Pulaski County was **3,853** compared to **3,399** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Pulaski County is **13,850** in 2011.<sup>4</sup>

### As a result of participation in Pulaski County Extension programs:<sup>2</sup>

- **910** people increased leadership knowledge and skills.
- **930** people improved communication skills to address community issues.
- **231** people developed skills to access affordable food.

## OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,<sup>6</sup> between 2005 and 2009 in Pulaski County it is estimated that...

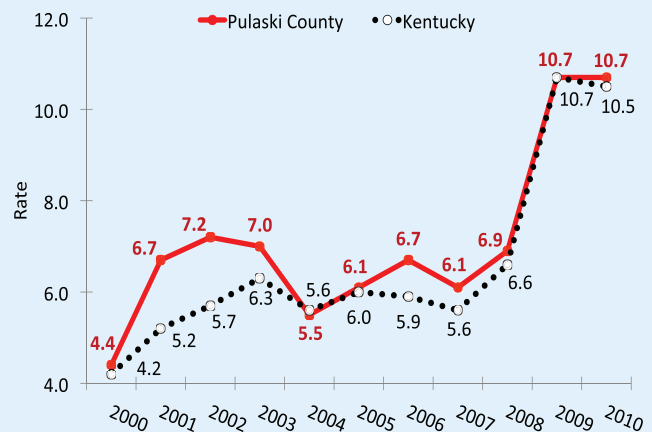
- **43.2%** (+/- **2.7**) are married-couple families with both husband and wife in the labor force
- **57.4%** (+/- **6.6**) are children under 6 years old with all parents in the labor force
- **16.2%** (+/- **2.2**) are people 65 years and over below poverty level during the past 12 months

### As a result of participation in Pulaski County Extension programs:<sup>2</sup>

- **100** people increased knowledge of economic and enterprise development.
- **350** people adopted money management practices to reduce debt and increase savings.
- **715** people demonstrated increased practical living skills.

### Average Annual Unemployment Rate<sup>5</sup>

(not seasonally adjusted)



#### SOURCES

- <sup>1</sup> U.S. Census Bureau, 2010 Decennial Census.
- <sup>2</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2011.
- <sup>3</sup> U.S. Census Bureau, Small Area Income and Poverty Estimates.
- <sup>4</sup> Kentucky Cabinet for Health and Family Services, Databook, June 2011.
- <sup>5</sup> Bureau of Labor Statistics, Local Area Unemployment Statistics.
- <sup>6</sup> U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.