Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Rockcastle 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 14,219 contacts with Rockcastle County individuals and families.\(^1\)

### Population by Age Group\(^1\)

The 2010 U.S. Census reported total population in Rockcastle County as 17,056.\(^1\)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 4 and below</td>
<td>5.7%</td>
</tr>
<tr>
<td>Age 5-17</td>
<td>17.5%</td>
</tr>
<tr>
<td>Age 18-64</td>
<td>62.0%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>14.8%</td>
</tr>
</tbody>
</table>

### SPOTLIGHT ON ...

**ACCESSING NUTRITIOUS FOOD**

The Rockcastle County Family Consumer Sciences Agent, in collaboration with Sigmon Farms, Rockcastle school system, health department, hospital, and conservation district, conducted the county's 18th annual Youth Farm Field Day. The theme, "Farm to Plate: Where Does Your Food Come From?" was made possible by a Healthy Communities grant through Rockcastle Health Department. A hay ride allowed youth to see vegetable and livestock production and crops that support livestock. Speakers discussed local and traditional food production with 295 fourth-grade youth from three elementary schools. The hospital, health department, and beekeepers organization provided healthy food samples, augmented by FCS Agent’s $700 grant for samples and snacks.
OUR FAMILIES

According to the 2010 Census,¹ of families in Rockcastle County with their own children…
- 69.9% are husband-wife families
- 30.1% are single parent families

In addition, there are:
- 6,750 households
- 2,235 households with 1 or more persons under the age of 18
- 504 grandchildren under 18 years old who live with a grandparent householder
- 1,851 households with at least one person age 65 and over

As a result of participation in Rockcastle County Extension programs:²
- 92 people increased knowledge of lifestyle changes to improve personal health.
- 12 people increased knowledge of parenting and personal relationships.
- 299 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 Rockcastle County it is estimated that…
- 44.5% (+/- 5.5) are married-couple families with both husband and wife in the labor force
- 41.8% (+/- 10.9) are children under 6 years old with all parents in the labor force
- 30.6% (+/- 7.6) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Rockcastle County Extension programs:²
- 22 people increased knowledge of economic and enterprise development.
- 218 adults and youth improved their ability to make informed and effective decisions.
- 255 people demonstrated increased practical living skills.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Rockcastle County was $29,654.³

The number of children in poverty in Rockcastle County was 1,288 compared to 1,245 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Rockcastle County is 4,911 in 2011.⁴

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

Average Annual Unemployment Rate⁵ (not seasonally adjusted)

<table>
<thead>
<tr>
<th>Year</th>
<th>Rockcastle County</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>4.8</td>
<td>5.2</td>
</tr>
<tr>
<td>2001</td>
<td>5.7</td>
<td>5.7</td>
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<tr>
<td>2002</td>
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<tr>
<td>2010</td>
<td>13.6</td>
<td>11.3</td>
</tr>
</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.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.