Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Russell 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 10,273 contacts with Russell County individuals and families.¹

Population by Age Group¹

The 2010 U.S. Census reported total population in Russell County as 17,565.¹

Due to the tough economic times that many families are currently experiencing, Russell County Family and Consumer Sciences Agent offered several financial management programs. Fifty attended “Surviving the Holidays,” which taught participants to reduce electricity, make green choices, make inexpensive gifts, entertain on a budget, and develop a spending plan. Over 100 people enrolled to become Kentucky Savers in the Kentucky Saves program. “Small Steps to Health and Wealth” was taught to a group of 35 people. At the conclusion of the program, participants stated "One thing I will do as a result of this program is review my investments and diversify according to my current circumstances and retirement plans". "I will save more money for an emergency fund".
OUR FAMILIES

According to the 2010 Census,¹ of families in Russell County with their own children...
- 64.0% are husband-wife families
- 36.0% are single parent families

In addition, there are:
- 7,401 households
- 2,239 households with 1 or more persons under the age of 18
- 359 grandchildren under 18 years old who live with a grandparent householder
- 2,255 households with at least one person age 65 and over

As a result of participation in Russell County Extension programs:²
- 515 people increased knowledge of lifestyle changes to improve personal health.
- 50 people increased knowledge of parenting and personal relationships.
- 265 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 Russell County it is estimated that...
- 44.9% (+/− 5.6) are married-couple families with both husband and wife in the labor force
- 59% (+/− 17.4) are children under 6 years old with all parents in the labor force
- 22% (+/− 4.9) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Russell County Extension programs:²
- 25 people increased knowledge of economic and enterprise development.
- 150 people adopted money management practices to reduce debt and increase savings.
- 275 people demonstrated increased practical living skills.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Russell County was $29,421.³

The number of children in poverty in Russell County was 1,365 compared to 1,163 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Russell County is 4,679 in 2011.⁴

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

Average Annual Unemployment Rate⁵
(not seasonally adjusted)

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</tbody>
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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.

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