Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Shelby 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 34,675 contacts with Shelby County individuals and families.\(^1\)

Population by Age Group\(^1\)

The 2010 U.S. Census reported total population in Shelby County as 42,074.\(^1\)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 5-17</td>
<td>18.2%</td>
</tr>
<tr>
<td>Age 4 and below</td>
<td>6.6%</td>
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<tr>
<td>Age 18-64</td>
<td>63.2%</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>12.0%</td>
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</tbody>
</table>

**SPOTLIGHT ON ...**

**MAKING HEALTHY LIFESTYLE CHOICES**

Centers for Disease Control statistics show that 18% of Kentucky students are obese. Only 14% of Kentucky youth eat five or more servings of fruits and vegetables daily, yet 36% drink soda at least one time per day. To address poor eating habits, Family and Consumer Sciences and 4-H Agents and 4-H Program Assistant presented a nutrition education program, "Eat Smart, Play Hard" from "Jump Into Foods and Fitness" curriculum, to 716 fourth- and fifth-grade students in 33 classrooms and 17 Cropper Alternative School students. In a survey of 313 students several weeks later, 91% were eating breakfast; 55% were eating at least five servings of fruits and vegetables; 90% were choosing nutritious drinks; and 68% were choosing healthy snacks.
OUR FAMILIES

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

- 70.1% are husband-wife families
- 29.9% are single parent families

In addition, there are:

- 15,321 households
- 5,548 households with 1 or more persons under the age of 18
- 739 grandchildren under 18 years old who live with a grandparent householder
- 3,563 households with at least one person age 65 and over

As a result of participation in Shelby County Extension programs:

- 2,669 people increased knowledge of lifestyle changes to improve personal health.
- 330 people increased knowledge of parenting and personal relationships.
- 481 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 Shelby County it is estimated that...

- 55.2% (+/- 3.4) are married-couple families with both husband and wife in the labor force
- 60% (+/- 6.4) are children under 6 years old with all parents in the labor force
- 7.8% (+/- 2.7) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Shelby County Extension programs:

- 138 people increased knowledge of economic and enterprise development.
- 229 people adopted money management practices to reduce debt and increase savings.
- 812 people demonstrated increased practical living skills.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Shelby County was $51,439.3

The number of children in poverty in Shelby County was 1,742 compared to 1,356 in 2006.3

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Shelby County is 5,500 in 2011.4

As a result of participation in Shelby County Extension programs:

- 182 people increased leadership knowledge and skills.
- 127 people improved communication skills to address community issues.
- 319 people developed skills to access affordable food.

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Average Annual Unemployment Rate5

(not seasonally adjusted)

<table>
<thead>
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<th>Year</th>
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<tbody>
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<td>7.0</td>
</tr>
<tr>
<td>2001</td>
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<tr>
<td>2010</td>
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<td>9.1</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.

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