

TRIGG COUNTY

Cecelia Hostilo,
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 Trigg County. As the current economic situation continues to create challenges, educational programs focus on:

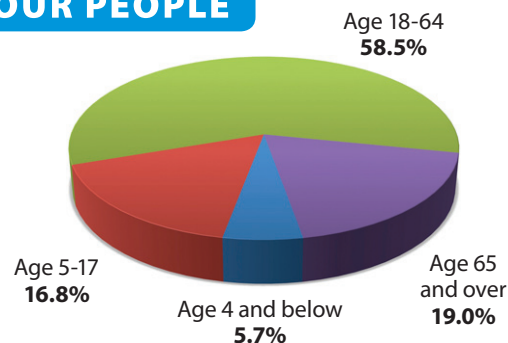
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **8,578** contacts with Trigg County individuals and families.²

OUR PEOPLE

Population by Age Group¹

The 2010 U.S. Census reported total population in Trigg County as **14,339**.¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

In Trigg County, nearly 9% of adults have been diagnosed with or are at risk for diabetes, according to www.kentuckyhealthfacts.org. The Family and Consumer Sciences Agent and the Pennyriple District Health Department Certified Diabetes Educator taught a 4-week program on diabetes management. Fifteen people were taught weekly topics included medications, complications, management, and nutrition. Post program evaluations reported that 27% of the participants indicated they now pay close attention to how many grams of carbohydrates they take in and read nutrition labels carefully. This has led to weight loss for two participants. A diabetes support group now meets monthly and is facilitated by the Family and Consumer Sciences Agent using "Taking Ownership of Your Diabetes" program resources.

OUR FAMILIES

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

- **67.4%** are husband-wife families
- **32.6%** are single parent families

In addition, there are:

- **5,883** households
- **1,696** households with 1 or more persons under the age of 18
- **286** grandchildren under 18 years old who live with a grandparent householder
- **1,939** households with at least one person age 65 and over



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

- **400** people increased knowledge of lifestyle changes to improve personal health.
- **25** people increased knowledge of parenting and personal relationships.
- **125** people increased knowledge of safe storage, handling and food preparation.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Trigg County was **\$42,967**.³

The number of children in poverty in Trigg County was **679** compared to **574** in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Trigg County is **2,027** in 2011.⁴

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

- **160** people increased leadership knowledge and skills.
- **90** people improved communication skills to address community issues.
- **100** adults and youth improved their ability to make informed and effective decisions.

OUR ECONOMY

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

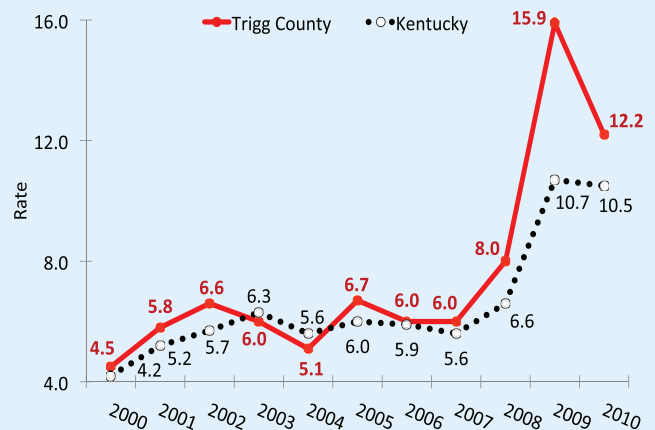
- **44.7%** (+/- **4.7**) are married-couple families with both husband and wife in the labor force
- **72.8%** (+/- **12.7**) are children under 6 years old with all parents in the labor force
- **7.4%** (+/- **2.8**) are people 65 years and over below poverty level during the past 12 months

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

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

Average Annual Unemployment Rate⁵

(not seasonally adjusted)



SOURCES

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