Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Trimble 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 12,303 contacts with Trimble County individuals and families.

Population by Age Group

The 2010 U.S. Census reported total population in Trimble County as 8,809.

- Age 18-64: 62.0%
- Age 5-17: 18.8%
- Age 4 and below: 6.3%
- Age 65 and over: 12.9%

**SPOTLIGHT ON ...**

**MAKING HEALTHY LIFESTYLE CHOICES**

Diabetes, overweight and obese adults and children, low household savings rates, and high household debt are increasing problems for society. To address these issues, "Small Steps to Health and Wealth," a series of eight weekly sessions, was offered by Trimble County Family and Consumer Sciences Agent. Topics included learning to monitor behavior, consumer protection, couponing, tasting new foods, and eating appropriate serving sizes. One month follow-up evaluations indicated that 65% of the participants tried new foods; 90% drink more water; 60% walk at least five days a week; 95% have become savvier shoppers. All said they were inspired and motivated to make small positive changes that made a difference.
According to the 2010 Census, of families in Trimble County with their own children…
- 71.2% are husband-wife families
- 28.8% are single parent families

In addition, there are:
- 3,420 households
- 1,202 households with 1 or more persons under the age of 18
- 215 grandchildren under 18 years old who live with a grandparent householder
- 832 households with at least one person age 65 and over

As a result of participation in Trimble County Extension programs:
- 235 people increased knowledge of lifestyle changes to improve personal health.
- 355 people increased knowledge of parenting and personal relationships.
- 65 people increased knowledge of safe storage, handling and food preparation.

In 2009, the most recent data available, the median household income in Trimble County was $45,767.

The number of children in poverty in Trimble County was 456 compared to 421 in 2006.

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Trimble County is 1,696 in 2011.

As a result of participation in Trimble County Extension programs:
- 305 people increased leadership knowledge and skills.
- 75 people improved communication skills to address community issues.
- 61 people developed skills to access affordable food.

According to the 2010 American Community Survey 5-year estimates, between 2005 and 2009 in Trimble County it is estimated that…
- 49.3% (+/- 7.1) are married-couple families with both husband and wife in the labor force
- 72.9% (+/- 13.9) are children under 6 years old with all parents in the labor force
- 10.7% (+/- 4.9) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Trimble County Extension programs:
- 11 people increased knowledge of economic and enterprise development.
- 375 people adopted money management practices to reduce debt and increase savings.
- 355 people demonstrated increased practical living skills.

Average Annual Unemployment Rate (not seasonally adjusted)

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.