County Extension Agent, Family and Consumer Sciences





# BUILDING STRONG FAMILIES FOR KENTUCKY 2015



# **OUR FOCUS**

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Bourbon County. To help families make wise decisions, our 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 live independently longer
- Securing Financial Stability in a turbulent economic period
- Promoting Healthy Homes and Communities that 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 2013-2014, Family and Consumer Sciences Extension made **17,851** contacts with Bourbon County individuals and families.<sup>1</sup>

# **OUR PEOPLE**

#### Median household income by housing type\* (2008-2012)<sup>2</sup>



# **SPOTLIGHT ON ...**

# FOOD PRESERVATION

roper techniques for food safety are paramount to the success of the home food preserver. Basic canning, pressure canning, basic freezing, pickling, and jam/jelly making techniques were taught to more than 215 people using USDA research-based recipes, techniques, and methods. Many of the participants were afraid to use the pressure canner, a common fear. Fifteen canners were tested, and 350 packets of canning and freezing material were handed out in the community. Follow-up evaluations showed that 75% of participants were going to go home and use their pressure canner, 95% planned to use proper freezing techniques, and 34% had used the knowledge, materials, and recipes they received.

http://hes.uky.edu/StrongFamilies



ousing has long been recognized as a basic human need. Yet, because housing is often a family's largest expense and largest debt, it can be a stumbling block for many. Safe, lower-cost housing options are often limited for struggling families, and this can lead them into crisis. Family and Consumer Sciences Extension helps people improve home safety, lessen their environmental footprint, and strengthen financial stability. It also helps communities promote healthy lifestyles throughout the lifespan by supporting strong family home environments. Please tell us ways you think we can do more.

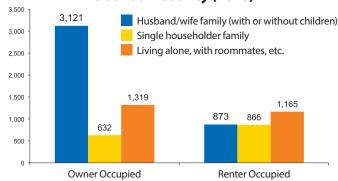
#### **AVAILABILITY**

In 2010, in Bourbon County, there were...<sup>3</sup>

- 2,904 renter households
- 5,072 homeowner households
- 268 vacant housing units for rent
- 129 vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, **422** children were homeless or were precariously housed in Bourbon County.4

### Number of households by housing type\* in Bourbon County (2010)<sup>3</sup>



# **HEALTH AND SAFETY**

In Bourbon County, it is estimated that in 2008-2012...<sup>2</sup>

- half of all renter-occupied housing was built before 1973 (+/-5 years)
- half of all owner-occupied housing was built before 1970 (+/-3 years)

According to 2008-2012 American Community Survey<sup>2</sup> estimates in Bourbon County...

- 3.3% (+/- 1.1) of all households had no landline or cell phone
- 46.9% (+/- 3.7) of workers living in Bourbon County worked in Kentucky but outside the county and 0.1% (+/-0.1) worked outside the state
- Half of all workers traveled 22.0 (+/- 1.3) or more minutes to work

#### **AFFORDABILITY**

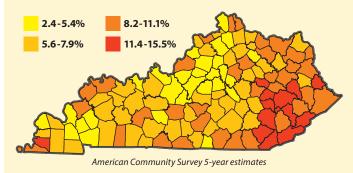
According to American Community Survey estimates for Bourbon County, in 2008-2012...<sup>2</sup>

- 39.3% (+/- 6.0) of renter households paid 35% or more of their income for rent and utilities
- 21.2% (+/- 3.7) of homeowner households with a mortgage and 11.5% (+/- 5.7) of homeowner households without a mortgage paid 35% or more of their income for housing costs
- 32.9% (+/- 3.3) of homeowner households did not have a mortgage
- 7.3% (+/- 1.7) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, **18.3%** (+/- 3.1) of residents in the county were living below poverty.5

In 2013, residents needed to earn \$13.79 an hour (or work 1.9 iobs at \$7.25 an hour\*\*) to afford a twobedroom apartment at Fair Market Rent in Bourbon County.6

#### **Estimated percentage of households** without a vehicle (2008-2012)2



#### SOURCES:

- Kentucky Cooperative Extension reporting, FY 2014 <sup>2</sup> 2008-2012 American Community Survey 5-Year Estimates, U.S. Census Bureau <sup>3</sup> 2010 Decennial Census, U.S. Census Bureau
- <sup>4</sup> Kentucky Dept. of Education http://education.ky.gov/ federal/progs/txc/Pages/TX-Docs.aspx (Data for school districts were combined to produce the county total.)
- Small Area Income and Poverty Estimates, U.S. Census Out Of Reach 2014. National Low Income Housing
- \* Data refer to housing tenure (owner or renter).
  \*\* The current federal minimum wage

