

Building Strong Families

FOR KENTUCKY 2016



SCHOOL OF HUMAN ENVIRONMENTAL SCIENCES
FAMILY & CONSUMER SCIENCES EXTENSION



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including state and county profiles, at:

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FOR KENTUCKY

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INTRODUCTION

A family's ability to function as a strong and stable unit is impacted by the community supports that are influenced by local economic and social factors. Persistent poverty and unemployment are two of the significant contributing factors to a family's ability to function effectively. The University of Kentucky Family and Consumer Sciences (FCS) Extension program works to improve the quality of individual and family life in the context of each Commonwealth community. FCS Extension professionals are present in Kentucky counties and focus their efforts on educational skill-building to strengthen family development, economic stability and well-being. The purpose of Building Strong Families for Kentucky is twofold: 1) to share a picture of the economic and demographic characteristics of families in each county; and 2) to report the response of families to relevant programs provided by local FCS Extension agents.

Cooperative Extension Service in Kentucky

The University of Kentucky Cooperative Extension Service is the organization that bridges the expertise and research of the university with local communities. Through the efforts of Cooperative Extension campus-based faculty and staff and leaders within each county of the Commonwealth, families have access to services, information and resources of importance to their daily lives. Kentucky Cooperative Extension Service relies on a campus/community partnership to effectively deliver programs. In 2014-2015, 7,691,098 contacts were made by Extension personnel across the state (Kentucky Cooperative Extension Service, 2015).

Campus Based Support: School of Human Environmental Sciences

The School of Human Environmental Sciences (HES) within the College of Agriculture, Food and Environment provides the expertise in family sciences, nutrition and food science and merchandising and hospitality management to support program efforts offered by FCS Extension agents. Extension faculty and staff housed in the departments and units of the school develop and evaluate resources used to support FCS Extension programs across the state. These state level Extension professionals develop relationships with other organizations and university departments to maximize resources and encourage a diverse and rich base of expertise to support local programs.

Overview of FCS Extension

Kentucky FCS Extension agents are valuable resources to local communities in building a strong infrastructure to support families. There are 122 FCS Extension agents within the Commonwealth who work directly with families to teach skills in family communications, nutrition, leadership, financial management, parenting and health. Agents are responsible for guiding stakeholders to identify and prioritize FCS Extension program needs and efforts within the community. As a result of this input, FCS Extension agents, paraprofessionals, faculty and state specialists develop, implement and evaluate local outreach efforts to strengthen the skills and knowledge of local families.

Rationale for the Building Strong Families for Kentucky County Profiles

It is important to validate the priorities and needs of each community in order to put into perspective the potential for community programs provided by FCS Extension. It is also important to report to internal and external stakeholders the efforts and successes of local communities in building strong family related programs. The Building Strong Families for Kentucky County profiles began as an effort to give local stakeholders a snapshot of county economic, community and health information and report FCS Extension outreach results. The project has evolved to provide a context for decision-making, program delivery and evaluation, through the information provided annually. The demographic and community data provides a picture of the needs of families within the community that can inform future program choices and offerings. The evaluation data provided by agents provides an annual retrospective look at the strides the FCS Extension program has made within the community and can guide future planning efforts.

The profile is divided into six sections: Our Focus, Our People, Spotlight, Financial Well-Being, Physical Well-Being and Social Well-Being. Each section provides information that guides and informs educational outreach to local families. This volume specifically focuses on county data that illustrate current family well-being indicators from 11 data sources: Kentucky Cooperative Extension Service Reporting; U S Bureau of Labor Statistics; Small Area Income and Poverty Estimates; American Community Survey; Kentucky School Report Card; Kentucky Behavioral Risk Factor Surveillance System (BRFSS); BRFSS Health Indicators Warehouse; Robert Wood Johnson Foundation County Health Rankings; Kentucky Injury Prevention and Research Center; Kentucky Kids Count; Kentucky State Board of Elections.

PROFILE OVERVIEW

OUR FOCUS

This section in the Building Strong Families for Kentucky County Profiles provides an overview of the current initiatives of Kentucky FCS Extension. Specialists, agents and stakeholders work jointly to define goals that guide FCS Extension program efforts and outreach.

Initiative 1: Making Healthy Lifestyle Choices

Family and Consumer Sciences Extension encourages families to make proactive choices to improve individual health and well-being, whether choosing a low fat, nutritious diet, increasing health literacy for chronic disease prevention or participating in regular physical activity.



GOALS

- 1.1 Apply** knowledge and skills to think critically, to solve problems and to make informed decisions regarding healthy lifestyle choices.
- 1.2 Manage** healthy weight throughout the lifecycle through healthy lifestyle choices.
- 1.3 Increase** promotion and practice of physical activity daily.
- 1.4 Reduce** chronic disease risk, debilitation and premature death.

Initiative 2: Nurturing Families

Family and Consumer Sciences Extension focuses on individual and family development by promoting effective communication, understanding developmental ages and stages, appreciating individual and cultural differences, developing a strong value system, making wise decisions and encouraging a supportive environment.



GOALS

- 2.1 Strengthen** family nurturing attitudes and behaviors by caring for the health and well-being of each individual throughout the lifespan.

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- 2.2 Build** personal strengths, interpersonal communication and life skills to strengthen families.
- 2.3 Foster** the optimal development of children and youth.
- 2.4 Practice** wise parenting skills.
- 2.5 Build** community capacity to nurture all families through appropriate collaborations and programs.

Initiative 3: Embracing Life as We Age

Throughout all life stages, it is important to acknowledge and celebrate the changes that accompany aging. Family and Consumer Sciences Extension help individuals, families and communities manage the challenges and discover the positive aspects of life's transitions and growing older.



GOALS

- 3.1 Adapt** lifestyles to promote healthy aging.
- 3.2 Adjust** and manage environmental factors to promote independent aging.
- 3.3 Practice** healthy communication and enhance relationships to promote quality aging.

Initiative 4: Securing Financial Stability

In the current economy, financial stability is important. That stability rests with families securing and managing their basic human needs of food, clothing and shelter. Increasing buying power with wise consumer decision-making, avoiding pitfalls of overextended credit,

PROFILE OVERVIEW

developing saving habits and managing financial risks are topics taught by Family and Consumer Sciences Extension.



GOALS

- 4.1 Articulate** and apply smart financial behaviors related to goal setting, budgeting, analysis of credit and contracts, risk management, saving and investing and use of financial services.
- 4.2 Develop** smart financial behaviors related to wealth management strategies including: retirement, estate planning and investing.
- 4.3 Adopt** smart financial behaviors related to consumer protection including: laws and rights, fraud and services.
- 4.4 Use** information and technology related to consumption of goods and services including shopping decisions and conserving resources.

Initiative 5: Promoting Healthy Homes and Communities

Through Family and Consumer Sciences Extension, individuals improve safety in their home and decrease their environmental footprint. Community efforts are designed to promote healthy lifestyles throughout the lifespan.



GOALS

- 5.1 Create** safe homes in environments that promote and support the physical and mental well-being of families throughout the lifecycle.
- 5.2 Improve** the built and natural environment

Initiative 6: Accessing Nutritious Foods

Family and Consumer Sciences Extension helps families gain access to food and to stretch food dollars; communities to decrease hunger; and local food assistance programs to educate recipients on healthy and safe food preparation methods. Family and Consumer Sciences agents and paraprofessionals are

pivotal in training consumers and producers to maximize local access to farm-to-table food products.



GOALS

- 6.1 Increase** access to fruits and vegetables.
- 6.2 Increase** the number of new mothers who attempt to breast feed their babies and increase duration of breastfeeding to six weeks or more.
- 6.3 Apply** skills of food resource management, food safety and food preparation to afford healthy, nutritious food choices.

Initiative 7: Empowering Community Leaders

Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. Family and Consumer Sciences Extension is committed to engaging, educating and empowering local citizens to investigate issues, make responsible decisions and take ownership of solutions.



GOALS

- 7.1 Develop** skills and knowledge designed to improve personal leadership capacity.
- 7.2 Implement** leadership practices designed to improve successful accomplishment of organizational goals and objectives.
- 7.3 Employ** effective practices designed to increase community support for improving community.

Each county uses an extensive stakeholder input process to prioritize programs and localize and finalize areas of focus within the FCS program initiatives. The goal of FCS is to reach out broadly in the community to teach life skills and provide opportunities for people to use and share their skills with their families and others in the community. This section also details the number of contacts made by county FCS agents during the 2012–2013 program year, based on the Kentucky Cooperative Extension Service Reporting System.