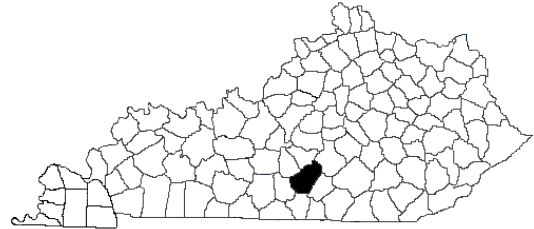


# Building Strong Families for Kentucky

## . . . . in Adair County

Kelli Bonifer, County Extension Agent,  
Family and Consumer Sciences



Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Adair County resulting in strong families for Kentucky. Educational programs focus on:

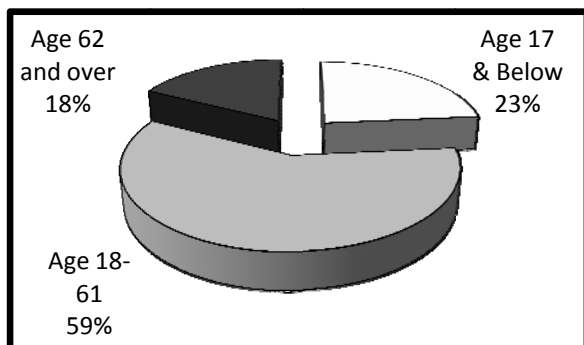
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **8,267** contacts with Adair County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **17,244**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=17,244)



### Spotlight on . . .

## ***Nurturing Families***



The Cooperative Extension Service collaborated with local agencies to hold a community baby shower focusing on infant health, safety, and environment during pregnancy through six months of age. Almost forty people, all with limited resources, attended the program. Participants received information on gestational diabetes, poison prevention, the importance of reading to your child, and children's environmental health issues. Parents received \$115.00 worth of home safety devices and child care materials in an effort to improve the health and well-being of their child(ren).<sup>1</sup>

## Our Families

Using data from the 2000 U.S. Census, Adair County families can be described as follows:<sup>2</sup>

- **4,779** families reside in the county.
- **870 families (18.2%)** live below poverty level.
- Median family income is **\$29,779**.
- **180** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,830** people in Adair County receive food stamps. The average family food stamp benefit is **\$196.69** per month.<sup>3</sup>

In the county, **41** children live in out-of-home care.<sup>4</sup> In 2004, there were **14** incidents of adult abuse and **52** incidents of child abuse.<sup>5</sup>

### ***As a result of participation in Adair County Extension programs:***<sup>1</sup>

- **262** people used safe practices to store, handle and prepare food.
- **296** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **570** adults and youth improved their ability to make informed and effective decisions.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Adair County was **6.6%**. This represented an **18%** increase from the September 2007 level of **5.6%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Adair County, **2.75%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **118%**.<sup>7</sup> In a six-month period (May through October 2008), **6** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Adair County, **21%** of the people under age 65 are uninsured.<sup>9</sup>

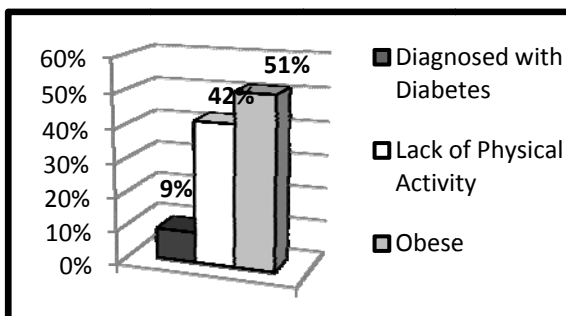
### ***As a result of participation in Adair County Extension programs:***<sup>1</sup>

- **380** people adopted money management practices to reduce debt and/or increase savings.
- **920** adults and youth utilized improved communication, problem solving, and group process skills to address community issues.
- **90** people were involved in addressing issues of their community.
- Adair County Extension is involved in **21** community coalitions.

## Our Health

The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Adair County.

Figure 2. Health Risks.<sup>9</sup>



### ***As a result of participation in Adair County Extension programs:***<sup>1</sup>

- **225** people made lifestyle changes to improve health.
- **500** people implemented new practices to maintain health and well-being.
- **300** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

### **Sources**

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

<sup>2</sup> U.S. Bureau of the Census, Census 2000.

<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>5</sup> Kentucky Department for Public Health, County Health Priorities, 2004.

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2008.

<sup>8</sup> Kentucky Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.