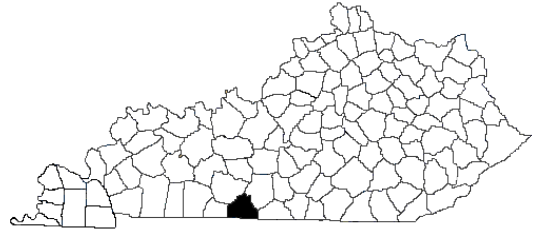


Building Strong Families for Kentucky

..... in Allen County

Janet Johnson, 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 Allen County resulting in strong families for Kentucky. Educational programs focus on:

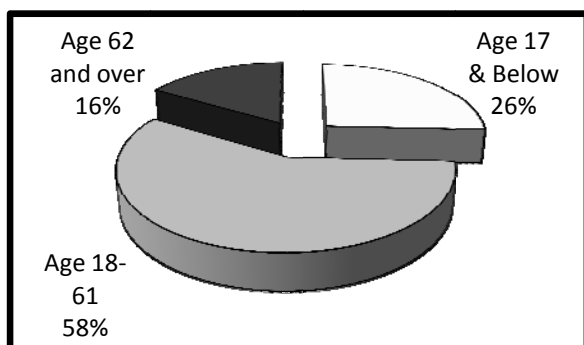
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **7,169** contacts with Allen County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **17,800**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=17,800)



Spotlight on . . .

Making Beneficial Lifestyle Choices



In an effort to encourage more physical activity, members of the “Get Moving, Allen County” coalition, led by the FCS agent, implemented the national “Mileage Club” youth physical activity program in the Allen County Primary School curriculum. The pilot program included 150 children walking an average of 20 miles each over an eight week timeframe. Individuals were recognized with tokens, cash gifts, certificates, and other prizes. The Mileage Club program will be expanded in the next school year and will include additional activity opportunities and a target of 300 participants.¹

Our Families

Using data from the 2000 U.S. Census, Allen County families can be described as follows:²

- **5,145** families reside in the county.
- **678** families (**13.2%**) live below poverty level.
- Median family income is **\$36,815**.
- **143** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,938** people in Allen County receive food stamps. The average family food stamp benefit is **\$227.65** per month.³

In the county, **84** children live in out-of-home care.⁴ In 2004, there were **17** incidents of adult abuse and **75** incidents of child abuse.⁵

As a result of participation in Allen County Extension programs:¹

- **923** adults and youth improved their ability to make informed and effective decisions.
- **121** people increased their knowledge and skills related to parenting and personal relationships.
- **325** people adopted money management practices to reduce debt and/or increase savings.
- **103** people used safe practices to store, handle and prepare food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Allen County was **7%**. This represented a **35%** increase from the September 2007 level of **5.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Allen County, 90-day mortgage delinquency rates have increased by **10%** and 60-day bank card delinquency rates have increased by **14%**.⁷ In a six-month period (May through October 2008), **40** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Allen County, **13%** of the people under age 65 are uninsured.⁹

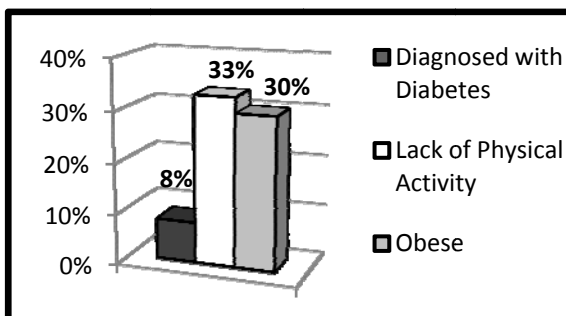
As a result of participation in Allen County Extension programs:¹

- **385** citizens enhanced their leadership skills by participation in leadership programs.
- **311** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **300** people involved in addressing issues of their community.
- Allen County Extension is involved in **20** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



As a result of participation in Allen County Extension programs:¹

- **80** people made lifestyle changes to improve physical health.
- **56** people implemented new practices to maintain their health and well-being.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

² U.S. Bureau of the Census, Census 2000.

³ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁵ Kentucky Department for Public Health, County Health Priorities, 2004.

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.