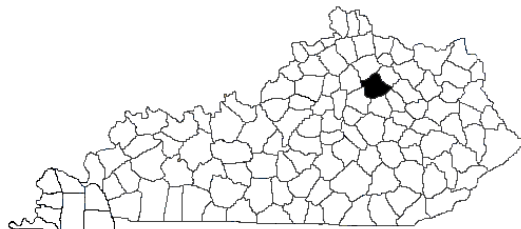


Building Strong Families for Kentucky

..... in Bourbon County

Elizabeth Kingsland, 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 Bourbon County resulting in strong families for Kentucky. Educational programs focus on:

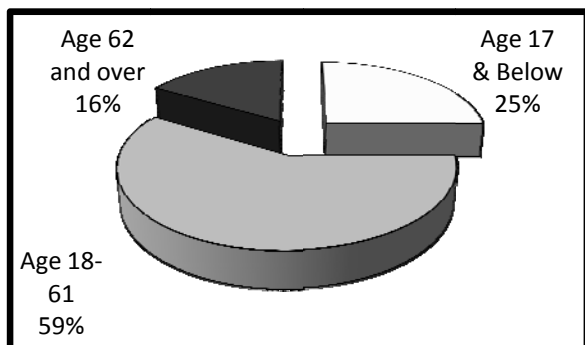
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **17,631** contacts with Bourbon County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **19,630**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=19,630)



Spotlight on . . .

Empowering Community Leaders



Bourbon County Extension Homemakers (BCEH) are an active part of the community and participated in many local activities, including holiday cooking schools, county-wide safety days, the Bourbon County Fair, and nutrition month activities for preschoolers. A major program designed to help fight children's hunger in Bourbon County, with all clubs donating foods, is the "School Backpack" program. Each Friday, children identified by the school system as food insecure are sent home with a backpack of food to eat during the weekend.¹

Our Families

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

- **5,502** families reside in the county.
- **679** families (**12.3%**) live below poverty level.
- Median family income is **\$42,294**.
- **175** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,464** people in Bourbon County receive food stamps. The average family food stamp benefit is **\$223.06** per month.³

In the county, **45** children live in out-of-home care.⁴ In 2004, there were **27** incidents of adult abuse and **39** incidents of child abuse.⁵

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

- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- **150** adults and youth improved their ability to make informed and effective decisions.
- **175** 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 Bourbon County was **6.3%**. This represented a **31%** increase from the September 2007 level of **4.8%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Bourbon County, 90-day mortgage delinquency rates have increased by **30%** and **1.6%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **56** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Bourbon County, **14%** of the people under age 65 are uninsured.⁹

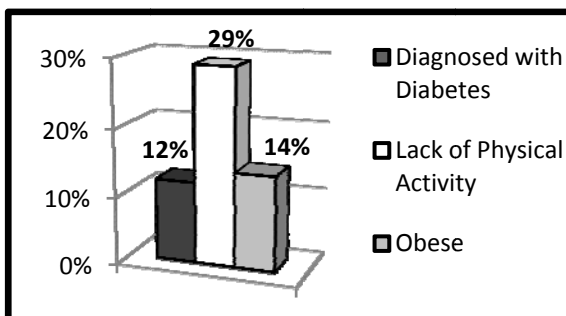
As a result of participation in Bourbon County Extension programs:¹

- **442** people expanded their knowledge of economic development.
- **1,030** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **345** people were involved in addressing issues of their community.
- Bourbon County Extension is involved in **13** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

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

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.