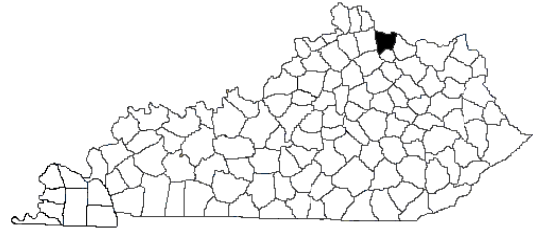


Building Strong Families for Kentucky

..... in Bracken County

Shannon Smith, County Extension Agent,
 Family and Consumer Sciences



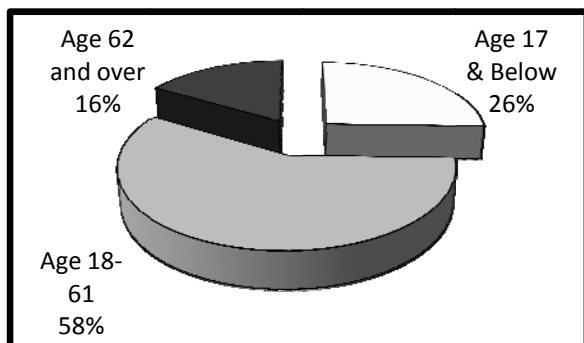
Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Bracken County resulting in strong families for Kentucky. Educational programs focus on:

- 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***

Our People

The 2000 U.S. Census reported total population as **8,279**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=8,279)



Spotlight on . . .

Making Beneficial Lifestyle Choices



In Kentucky, only 29% of adults get the recommended amount of physical activity and 35% of adults are considered physically inactive. To increase the awareness of the health benefits associated with physical activity, the Bracken County Cooperative Extension Service, in collaboration with the Bracken County Health Department, promoted the "Get Moving Kentucky" physical activity program. During the 8-week program, participants were educated on the importance of physical activity and its ability to reduce the risk of chronic diseases such as diabetes, heart disease, arthritis, and osteoporosis. Those enrolled also participated in a 15-minute exercise session. Participants reported that they had earned a total of 1,055 physical activity miles. Members have continued their physical activity program by forming a walking group that meets 3-4 times each week.¹

Our Families

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

- **2,343** families reside in the county.
- **178 families (7.6%)** live below poverty level.
- Median family income is **\$40,469**.
- **136** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,355** people in Bracken County receive food stamps. The average family food stamp benefit is **\$245.57** per month.³

In the county, **2** children live in out-of-home care.⁴ In 2004, there were **11** incidents of adult abuse and **35** incidents of child abuse.⁵

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

- **162** adults and youth improved their ability to make informed and effective decisions.
- **19** 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 Bracken County was **6.7%**. This represented a **26%** increase from the September 2007 level of **5.3%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Bracken County, 90-day mortgage delinquency rates have increased by **51%** and 60-day bank card delinquency rates have increased by **36%**.⁷ In a six-month period (May through October 2008), **1** foreclosure was filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Bracken County, **12%** of the people under age 65 are uninsured.⁹

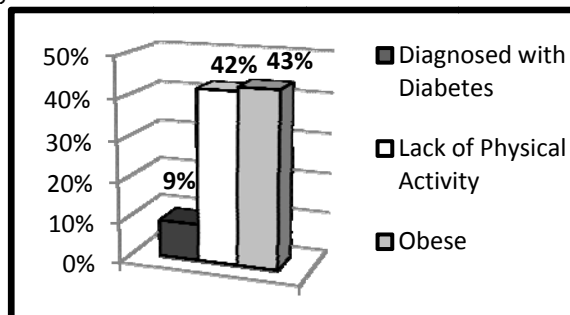
As a result of participation in Bracken County Extension programs:¹

- **54** people were involved in addressing issues of their community.
- Bracken County Extension is involved in **12** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **35** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **34** people gained knowledge and skills to make lifestyle changes to improve their health.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY 2007 & 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.