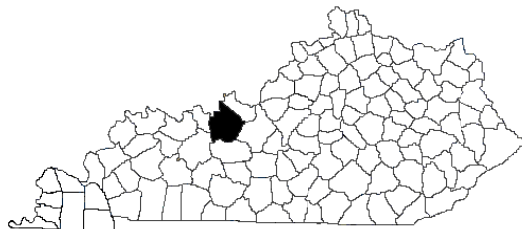


Building Strong Families for Kentucky

..... in Breckinridge County

Katherine Alexander, 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 Breckinridge County resulting in strong families for Kentucky. Educational programs focus on:

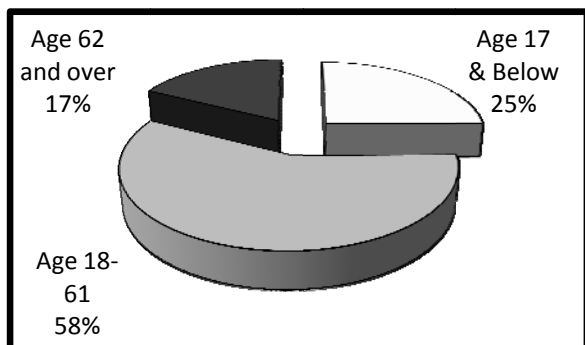
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **5,125** contacts with Breckinridge County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **18,648**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=18,648)



Spotlight on . . .

Promoting Healthy Homes and Communities



According to the 2000 Integra Survey, 80% of workers feel stress on the job and nearly half say they need help in learning how to manage stress. This prompted a call from the local nursing home director to the Breckinridge County Extension Office. She wanted information on stress management for her employees. The FCS agent planned a program for the employees of the nursing home on how to deal with work related stress and stress at home. Approximately 30 employees were in attendance. A class was also set up that evening for the families who have loved ones in the nursing home on how to handle stress. The participants reported getting their questions answered and it was also a good way for them to talk to people who are dealing with the same situation.¹

Our Families

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

- **5,350** families reside in the county.
- **633 families (11.8%)** live below poverty level.
- Median family income is **\$36,575**.
- **194** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,292** people in Breckinridge County receive food stamps. The average family food stamp benefit is **\$215.89** per month.³

In the county, **87** children live in out-of-home care.⁴ In 2004, there were **5** incidents of adult abuse and **46** incidents of child abuse.⁵

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

- **47** adults and youth improved their ability to make informed and effective decisions.
- **17** people increased their knowledge and skills related to parenting and personal relationships.
- **131** people gained knowledge about safe storage, handling and preparation of food.
- **195** Food stamp eligible or recipient families consumed more fruits and vegetables daily.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Breckinridge County was **7.6%**. This represented a **41%** increase from the September 2007 level of **5.4%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Breckinridge County, 90-day mortgage delinquency rates have increased by **16%** and 60-day bank card delinquency rates have increased by **44%**.⁷

Access to health insurance is another important factor contributing to family well-being. In Breckinridge County, **14%** of the people under age 65 are uninsured.⁸

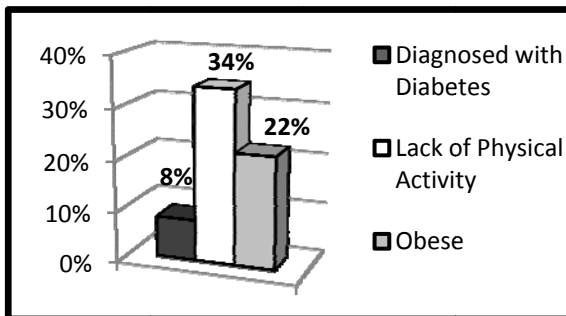
As a result of participation in Breckinridge County Extension programs:¹

- **46** citizens enhanced their leadership skills by participation in leadership programs.
- **32** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **106** people were involved in addressing issues of their community.

Our Health

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

Figure 2. Health Risks.⁸



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

- **116** people gained knowledge and skills to make lifestyle changes to improve their health.
- **5** people made lifestyle changes to improve physical health.
- **40** people implemented new practices to maintain health and well-being.
- **250** 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.