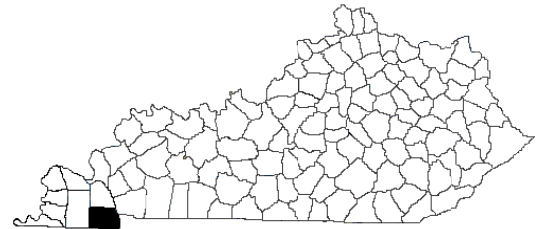


# Building Strong Families for Kentucky

## ..... in Calloway County

LaDawn Hale, 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 Calloway County resulting in strong families for Kentucky. Educational programs focus on:

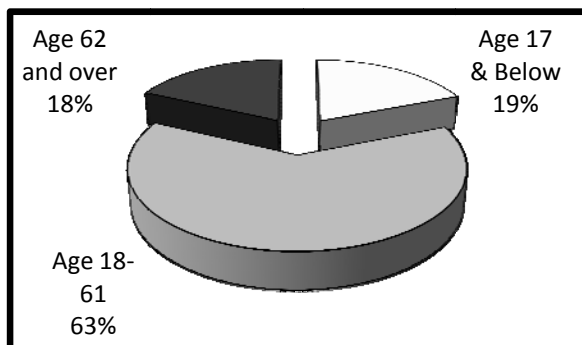
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **14,793** contacts with Calloway County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **34,177**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=34,177)



### Spotlight on . . .

## ***Embracing Life as You Age***



“The Educate Before You Medicate” lesson was taught at the Senior Citizen’s Center in Calloway County by the FCS agent. Seniors learned how to inform their healthcare providers, dentists, and pharmacists about all the prescription medicines, over-the-counter medicines, vitamins, and herbal supplements they use. The medication record was distributed for each participant to keep track of all the medicines they take. Of the 51 participants, 45.8% always keep track of their medications by writing them down. Seventy nine percent use the same pharmacy and pharmacist for all their prescription medicines. Fifty-four percent always tell their healthcare providers about all the medicines they take. Lastly, 50% agree that using the Educate Before You Medicate medication record will help them take charge of their health.<sup>1</sup>

## Our Families

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

- **8,658** families reside in the county.
- **851 families (9.8%)** live below poverty level.
- Median family income is **\$39,914**.
- **165** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,072** people in Calloway County receive food stamps. The average family food stamp benefit is **\$208.70** per month.<sup>3</sup>

In the county, **67** children live in out-of-home care.<sup>4</sup> In 2004, there were **18** incidents of adult abuse and **70** incidents of child abuse.<sup>5</sup>

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

- **217** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **365** adults and youth improved their ability to make informed and effective decisions.
- **705** people increased their knowledge and skills related to parenting and personal relationships.
- **720** people adopted money management practices to reduce debt and/or increase savings.
- **52** 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 Calloway County was **6%**. This represented a **15%** increase from the September 2007 level of **5.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Calloway County, 90-day mortgage delinquency rates have increased by **189%** and 60-day bank card delinquency rates have increased by **21%**.<sup>7</sup> In a six-month period (May through October 2008), **17** foreclosures were filed.<sup>8</sup>

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

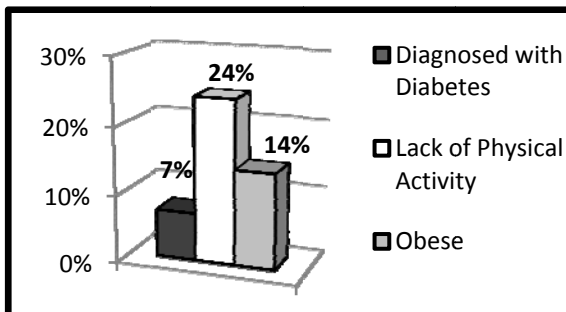
### *As a result of participation in Calloway County Extension programs:*<sup>1</sup>

- **105** citizens enhanced their leadership skills by participation in leadership programs.
- **150** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **150** people became involved with their local government to address community issues.

## Our Health

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

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



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

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

### 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.