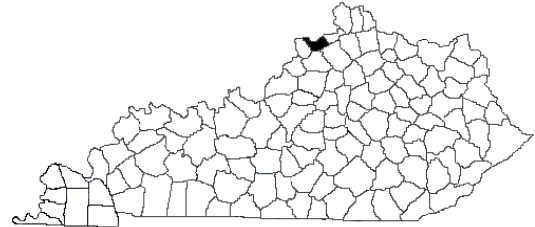


Building Strong Families for Kentucky

. . . . in Carroll County

Grace Angotti, 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 Carroll County resulting in strong families for Kentucky. Educational programs focus on:

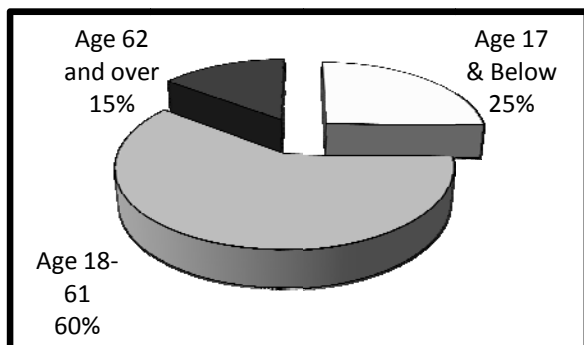
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **15,060** contacts with Carroll County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **10,155**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=10,155)



Spotlight on . . .

Making Beneficial Lifestyle Choices



To address the prevalence of diabetes in the county, the FCS agent, in collaboration with Three Rivers District Health Department, conducted monthly diabetes support group meetings. Topics included: healthy eating when eating out, importance of activity, diabetes and diseases of the eye, and importance of well fitting shoes and socks. Approximately twelve persons attended monthly support group meetings. A written survey revealed that 50% of those attending have kept their blood sugar under better control with less medication due to improved nutrition and education; 75% better understand complications that can affect persons with diabetes; and 90% felt they had more energy and felt better due to practicing healthier eating habits.¹

Our Families

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

- **2,781** families reside in the county.
- **290 families (10.4%)** live below poverty level.
- Median family income is **\$44,037**.
- **193** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,684** people in Carroll County receive food stamps. The average family food stamp benefit is **\$237.80** per month.³

In the county, **7** children live in out-of-home care.⁴ In 2004, there were **13** incidents of adult abuse and **41** incidents of child abuse.⁵

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

- **440** adults and youth improved their ability to make informed and effective decisions.
- **31** people increased their knowledge and skills related to parenting and personal relationships.
- **37** people adopted money management practices to reduce debt and/or increase savings.
- **375** people used safe practices to store, handle and prepare food.
- **286** 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 Carroll County was **6.5%**. This represented an **18%** increase from the September 2007 level of **5.5%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Carroll County, 90-day mortgage delinquency rates have increased by **72%** and **1.43%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **29** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Carroll County, **15%** of the people under age 65 are uninsured.⁹

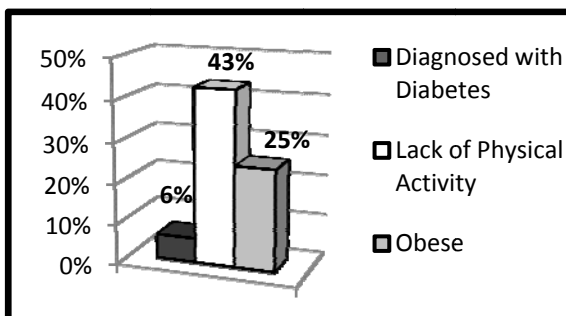
As a result of participation in Carroll County Extension programs:¹

- **93** people expanded their knowledge of economic development.
- **350** citizens enhanced their leadership skills by participation in leadership programs.
- **250** people were involved in addressing issues of their community.
- Carroll 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 Carroll County.

Figure 2. Health Risks.⁹



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

- **450** people implemented new practices to maintain health and well-being.
- **150** 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.