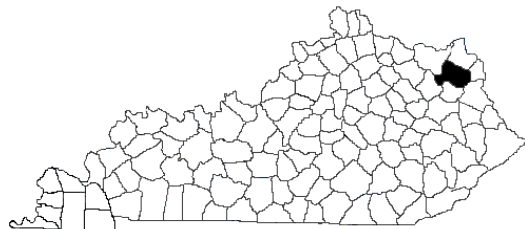


# Building Strong Families for Kentucky

## ..... in Carter County

(Currently Vacant), County Extension Agent,  
 Family and Consumer Sciences



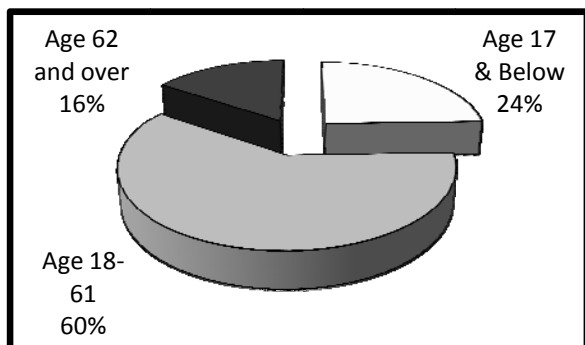
Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Carter County resulting in strong families for Kentucky. Educational programs focus on:

- 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 **26,889**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=26,889)



### Spotlight on . . .

## ***Making Beneficial Lifestyle Choices***



Local leaders identified skin care and sun damage as a top concern. The Carter County FCS agent used the “Sensational Skin” curriculum and “GLOW Essence” machine to view sun damage that is not visible with the naked eye. The message was to prevent sun damage and steps to take if sun damage was present. The lesson was presented to 60 elementary students at a summer program, 70 farm families at a Farm and Home Field Day, 400 high school students, and 3,500 KEHA club members. The youth involved vowed to protect their skin after viewing adult leaders through the glow essence machine and women said they would now purchase cosmetics with SPF.<sup>1</sup>

## Our Families

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

- **7,770** families reside in the county.
- **1,493 families (19.2%)** live below poverty level.
- Median family income is **\$31,278**.
- **163** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **6,580** people in Carter County receive food stamps. The average family food stamp benefit is **\$227.37** per month.<sup>3</sup>

In the county, **72** children live in out-of-home care.<sup>4</sup> In 2004, there were **45** incidents of adult abuse and **151** incidents of child abuse.<sup>5</sup>

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

- **102** adults and youth improved their ability to make informed and effective decisions.
- **25** people gained knowledge about safe storage, handling and preparation of food.
- **25** 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 Carter County was **8.1%**. This represented a **31%** increase from the September 2007 level of **6.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Carter County, **1.42%** of mortgages are 90-days delinquent and **2.59%** of bank cards are 60-days delinquent.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Carter County, **17%** of the people under age 65 are uninsured.<sup>8</sup>

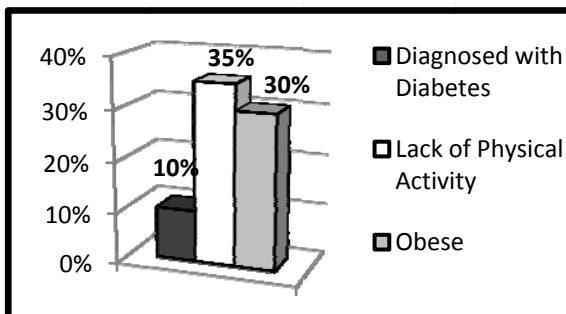
### *As a result of participation in Carter County Extension programs:<sup>1</sup>*

- **250** people expanded their knowledge of economic development.
- **5** people increased their knowledge of how government works.
- **71** citizens enhanced their leadership skills by participation in leadership programs.
- **102** people were involved in addressing issues of their community.
- **10** Food stamp eligible or recipient families consumed more fruits and vegetables daily.

## Our Health

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

Figure 2. Health Risks.<sup>8</sup>



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

- **20** people made lifestyle changes to improve physical health.
- **50** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

### 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.