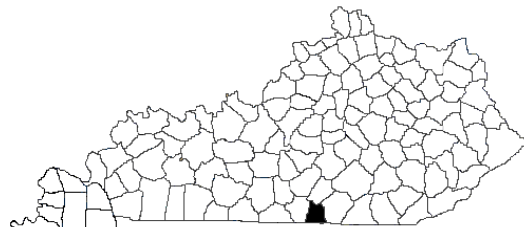


# Building Strong Families for Kentucky

## ..... in Clinton County

Christy Nuetzman, 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 Clinton County resulting in strong families for Kentucky. Educational programs focus on:

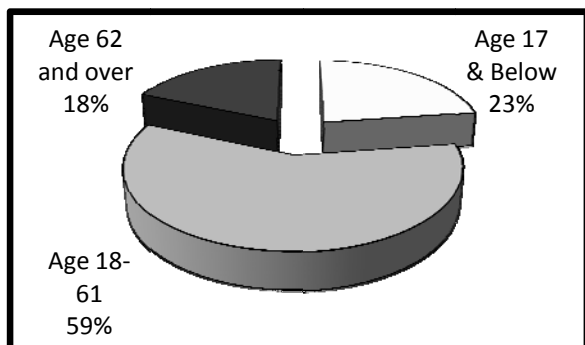
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **24,904** contacts with Clinton County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **9,634**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=9,634)



### Spotlight on . . .

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



To address local health concerns, the Clinton County Extension Service partnered with other community agencies to offer two healthy eating programs. The first, "Healthy Holiday Eating," offered information on adapting recipes, holiday menu shopping tips, and samples of healthy holiday foods. The second, a healthy breakfast program, provided breakfast dishes for the participants to sample and distributed educational goody bags filled with healthy breakfast recipes, physical activity tips, diabetes information, a 5-A-Day Kids Cookbook, and other healthy eating incentives.<sup>1</sup>

## Our Families

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

- **2,793** families reside in the county.
- **564** families (**20.2%**) live below poverty level.
- Median family income is **\$25,919**.
- **91** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,572** people in Clinton County receive food stamps. The average family food stamp benefit is **\$179.40** per month.<sup>3</sup>

In the county, **22** children live in out-of-home care.<sup>4</sup> In 2004, there were **9** incidents of adult abuse and **40** incidents of child abuse.<sup>5</sup>

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

- **982** adults and youth improved their ability to make informed and effective decisions.
- **629** people increased their knowledge and skills related to parenting and personal relationships.
- **472** people adopted money management practices to reduce debt and/or increase savings.
- **317** 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 Clinton County was **7.1%**. This represented a **45%** increase from the September 2007 level of **4.9%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Clinton County, 90-day mortgage delinquency rates have increased by **113%** 60-day bank card delinquency rates have increased by **52%**.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Clinton County, **21%** of the people under age 65 are uninsured.<sup>8</sup>

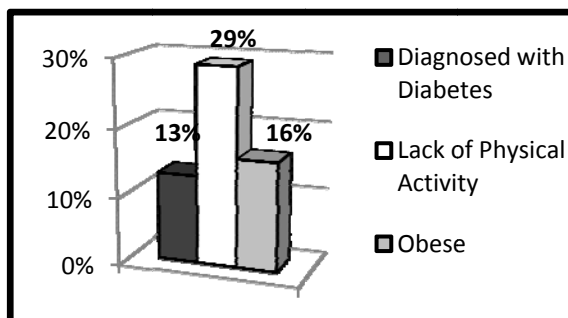
### *As a result of participation in Clinton County Extension programs:*<sup>1</sup>

- **315** citizens enhanced their leadership skills by participation in leadership programs.
- **1,480** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **776** people involved in addressing issues of their community.
- Clinton County Extension is involved in **19** community coalitions.

## Our Health

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

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



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

- **472** people implemented new practices to maintain their health and well-being.
- **5,492** people gained knowledge and skills to make lifestyle changes to improve their health.

### 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.