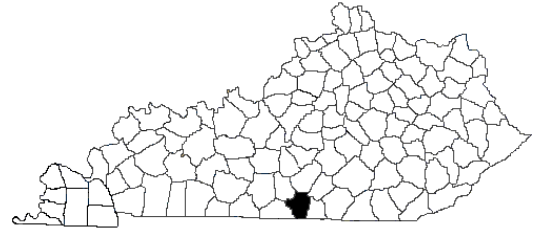


Building Strong Families for Kentucky

..... in Cumberland County

Debbie Messenger, County Extension Agent,
Family and Consumer Sciences



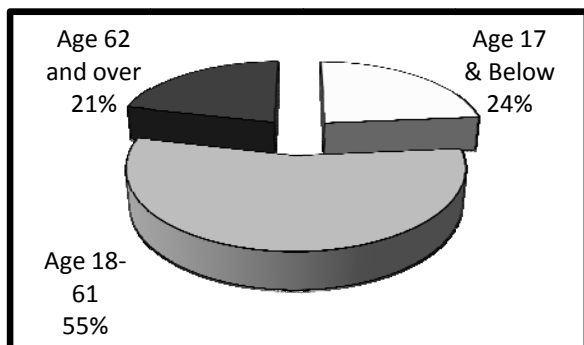
Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Cumberland County resulting in strong families for Kentucky. Educational programs focus on:

- 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 7,147.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=7,147)



Spotlight on . . .

Making Beneficial Lifestyle Choices



More than 1,300 residents in Cumberland County have learned the dangers of sun damaged skin through educational programming offered by the FCS agent. The Derma Scan Machine was used to allow individuals to see the condition of their skin and the amount of sun damage they had already received on their face, ears, and neck. This experience showed the people that even after the tan fades away, the underlying damage to the skin still remains. Of the participants, 100 percent learned that anyone can have skin cancer, that everyone should always use a sun screen lotion over 15 SPF, and that there was no such thing as a "Healthy Tan."¹

Our Families

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

- **2,046** families reside in the county.
- **336** families (**16.4%**) live below poverty level.
- Median family income is **\$28,701**.
- **81** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,463** people in Cumberland County receive food stamps. The average family food stamp benefit is **\$181.15** per month.³

In the county, **11**, children live in out-of-home care.⁴ In 2004, there were **6** incidents of child abuse.⁵

*As a result of participation in Cumberland County Extension programs:*¹

- **1,003** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **1,200** adults and youth improved their ability to make informed and effective decisions.
- **60** people increased their knowledge and skills related to parenting and personal relationships.
- **20** 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 Cumberland County was **7.4%**. This represented a **35%** 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 Cumberland County, 90-day mortgage delinquency rates have increased by **172%** and **1.83%** of bank cards are 60-days delinquent.⁷

Access to health insurance is another important factor contributing to family well-being. In Cumberland County, **19%** of the people under age 65 are uninsured.⁸

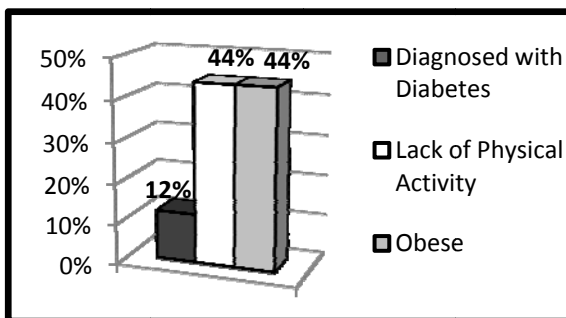
*As a result of participation in Cumberland County Extension programs:*¹

- **40** 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.
- Cumberland County Extension is involved in **10** community coalitions.

Our Health

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

Figure 2. Health Risks.⁸



*As a result of participation in Cumberland County Extension programs:*¹

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

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2007 & 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.