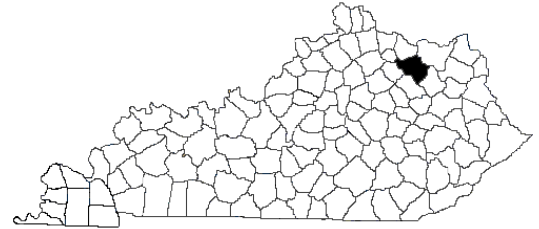


# Building Strong Families for Kentucky

## . . . . in Fleming County

Donna Fryman, 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 Fleming County resulting in strong families for Kentucky. Educational programs focus on:

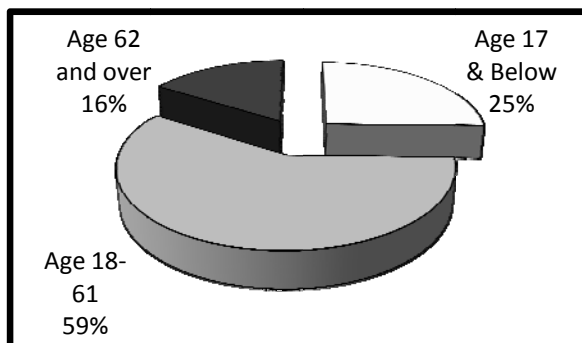
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **26,100** contacts with Fleming County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **13,792**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=13,792)



### Spotlight on . . .

#### ***Promoting Healthy Homes and Communities***



As part of a research project with the University of Connecticut and the University of Kentucky, Food Safety Basics: A Distance Education Course was offered by the Fleming County FCS agent. Eighteen people involved in food preparation for local senior centers, home-based businesses, and local restaurants participated. Information they received helped them in obtaining their job certifications. The resource manual gave the managers reference material to use when training employees. As a result of this program, the Fleming County Extension Service is now scheduled to offer food safety training for food handlers at a local restaurant and local senior center with hopes to expand to other food establishments.<sup>1</sup>

## Our Families

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

- **3,963** families reside in the county.
- **587** families (**14.8%**) live below poverty level.
- Median family income is **\$33,300**.
- **48** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,563** people in Fleming County receive food stamps. The average family food stamp benefit is **\$216.61** per month.<sup>3</sup>

In the county, **54** children live in out-of-home care.<sup>4</sup> In 2004, there were **51** incidents of adult abuse and **67** incidents of child abuse.<sup>5</sup>

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

- **50** adult, dependent, and child care providers increased their care giving knowledge.
- **25** people adopted money management practices to reduce debt and/or increase savings.
- **325** 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 Fleming County was **6.7%**. This represented a **12%** increase from the September 2007 level of **6%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Fleming County, 90-day mortgage delinquency rates have increased by **66%** and 60-day bank card delinquency rates have increased by **28%**.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Fleming County, **16%** of the people under age 65 are uninsured.<sup>8</sup>

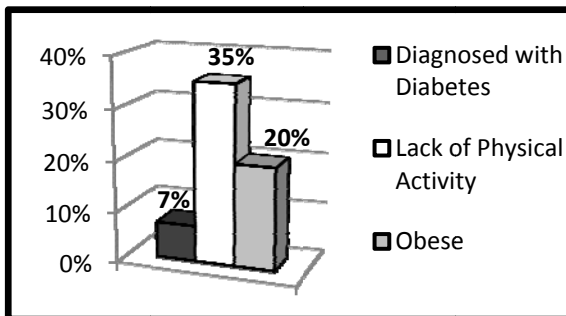
### *As a result of participation in Fleming County Extension programs:*<sup>1</sup>

- **60** people expanded their knowledge of economic development.
- **35** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **70** people were involved in addressing issues of their community.

## Our Health

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

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



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

- **375** people gained knowledge and skills to make lifestyle changes to improve their health.
- **350** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **105** people made lifestyle changes to improve physical health.
- **250** 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.