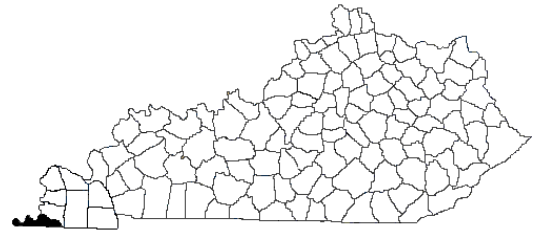


Building Strong Families for Kentucky

..... in Fulton 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 Fulton County resulting in strong families for Kentucky. Educational programs focus on:

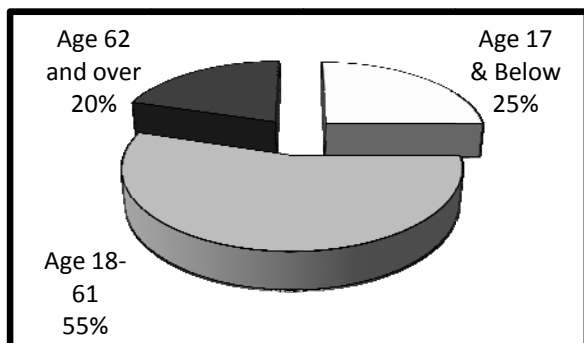
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **2,981** contacts with Fulton County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **7,752**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=7,752)



Spotlight on . . .

Embracing Life as You Age



According to the 2000 U.S. Census, 17.5% of Fulton County's population is over age 65. Considering that the senior population is often the group most affected by prescription medication usage, the Fulton County Extension Agent for Family and Consumer Sciences partnered with the Senior Citizen's Centers in Fulton County to bring monthly classes to this population regarding the proper use of medications. Participants were educated on proper communication with their doctors and pharmacists, over-the-counter drug safety, drug interaction risks, and the importance of following directions when taking medications. After the sessions, participants were able to correctly answer questions regarding the information covered. Many also expressed appreciation for the knowledge shared.¹

Our Families

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

- **2,112** families reside in the county.
- **424** families (**20.1%**) live below poverty level.
- Median family income is **\$30,788**.
- **102** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,820** people in Fulton County receive food stamps. The average family food stamp benefit is **\$183.43** per month.³

In the county, **13** children live in out-of-home care.⁴ In 2004, there were **25** incidents of adult abuse and **62** incidents of child abuse.⁵

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

- **20** people increased their knowledge and skills related to parenting and personal relationships.
- **13** people adopted money management practices to reduce debt and/or increase savings.
- **27** 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 Fulton County was **8.4%**. This represented a **27%** increase from the September 2007 level of **6.6%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Fulton County, 90-day mortgage delinquency rates have increased by **85%** and 60-day bank card delinquency rates have increased by **69%**.⁷ In a six-month period (May through October 2008), **9** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Fulton County, **17%** of the people under age 65 are uninsured.⁹

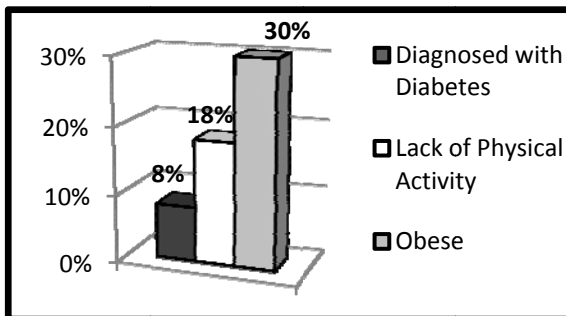
As a result of participation in Fulton County Extension programs:¹

- **44** people expanded their knowledge of economic development.
- **9** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **6** 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 Fulton County.

Figure 2. Health Risks.⁹



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

- **150** people gained knowledge and skills to make lifestyle changes to improve their health.
- **42** people made lifestyle changes to improve physical health.
- **17** people implemented new practices to maintain health and well-being.
- **10** 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.