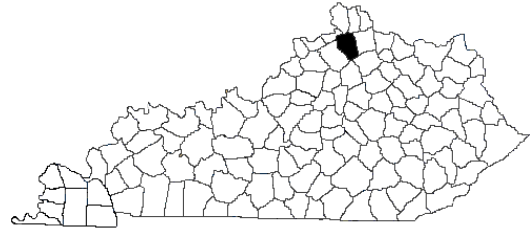


# Building Strong Families for Kentucky

## ..... in Grant County

Patricia Poor, 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 Grant County resulting in strong families for Kentucky. Educational programs focus on:

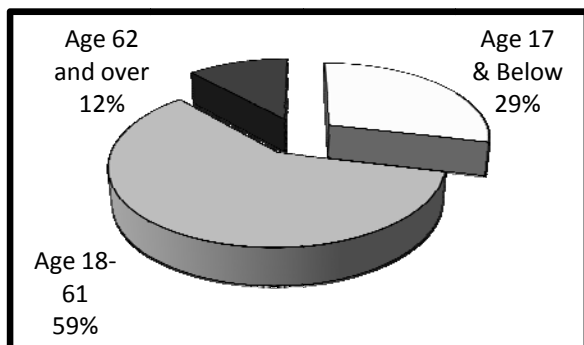
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **13,900** contacts with Grant County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **22,384**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=22,384)



### Spotlight on . . .

## Securing Financial Stability



According to a 2004 report by the U.S. Department of Health and Human Services, an estimated 129.6 million Americans (64%) are overweight or obese. The savings rate of U.S. households is around 1% and the average U.S. credit card holder carries a \$9,300 balance. With this in mind the FCS agent in Grant County offered the program “Small Steps to Health and Wealth” to the staff at a local school board. The eight week program engaged 16 participants in educational sessions that encouraged setting health and financial goals. An evaluation at the end of the program reveals that 80% are exercising, 80% are trying to improve their diet, 100% gained knowledge about health and finance, and 80% lost some weight. Participants saved \$7,360.00.<sup>1</sup>

## Our Families

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

- **6,289** families reside in the county.
- **563** families (**9%**) live below poverty level.
- Median family income is **\$42,605**.
- **267** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,374** people in Grant County receive food stamps. The average family food stamp benefit is **\$273.28** per month.<sup>3</sup>

In the county, **63** children live in out-of-home care.<sup>4</sup> In 2004, there were **29** incidents of adult abuse and **98** incidents of child abuse.<sup>5</sup>

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

- **1,777** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **1,400** adults and youth improved their ability to make informed and effective decisions.
- **104** people adopted money management practices to reduce debt and/or increase savings.
- **175** 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 Grant County was **6.8%**. This represented a **39%** 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 Grant County, 90-day mortgage delinquency rates have increased by **29%** and 60-day bank card delinquency rates have increased by **68%**.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Grant County, **13%** of the people under age 65 are uninsured.<sup>8</sup>

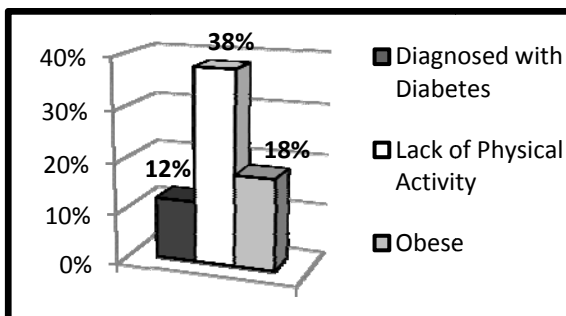
### ***As a result of participation in Grant County Extension programs:***<sup>1</sup>

- **86** citizens enhanced their leadership skills by participation in leadership programs.
- **118** people were involved in addressing issues of their community.
- Grant County Extension is involved in **48** community coalitions.

## Our Health

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

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



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

- **392** people made lifestyle changes to improve physical health.
- **70** people implemented new practices to maintain health and well-being.
- **543** 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.