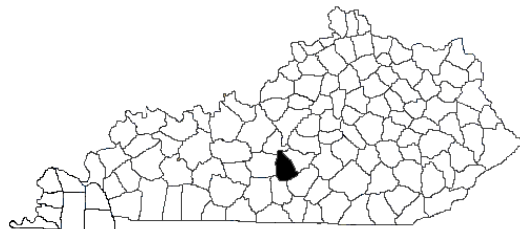


Building Strong Families for Kentucky

..... in Green County

Audrey Myers, 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 Green County resulting in strong families for Kentucky. Educational programs focus on:

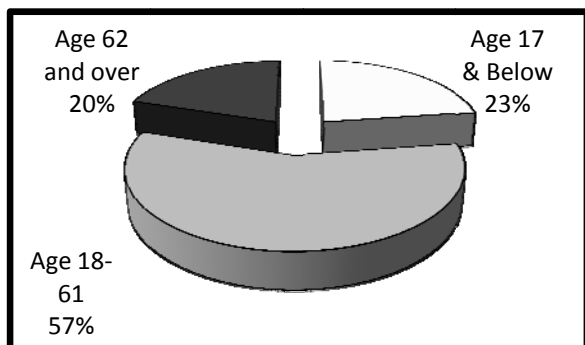
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **6,485** contacts with Green County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **11,518**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=11,518)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Family and Consumer Sciences and the health department collaborated together to implement the Extension programs Weight the Reality Series and Get Moving Kentucky in an effort to combat the obesity epidemic. The program was offered twice, one 8 week course during the fall and one 8 week course during the spring. A total of 14 participants in both of the programs completed the program. All participants received a Body Composition Analysis and Flexibility Test at the beginning and end of the 8 week program. Each week the participants weighed and documented their progress. At the end of the program, the group lost a total of 102 pounds and improved their flexibility an average of 1 inch, several improving over 3 inches.¹

Our Families

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

- **3,451** families reside in the county.
- **525 families (15.2%)** live below poverty level.
- Median family income is **\$31,852**.
- **129** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,804** people in Green County receive food stamps. The average family food stamp benefit is **\$196.34** per month.³

In the county, **42** children live in out-of-home care.⁴ In 2004, there were **27** incidents of adult abuse and **44** incidents of child abuse.⁵

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

- **65** people increased their knowledge and skills related to parenting and personal relationships.
- **236** people adopted money management practices to reduce debt and/or increase savings.
- **210** people gained knowledge about safe storage, handling and preparation of food.
- **265** 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 Green County was **8.2%**. This represented a **39%** increase from the September 2007 level of **5.9%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Green County, **1.05%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **36%**.⁷ In a six-month period (May through October 2008), **1** foreclosure was filed.⁸

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

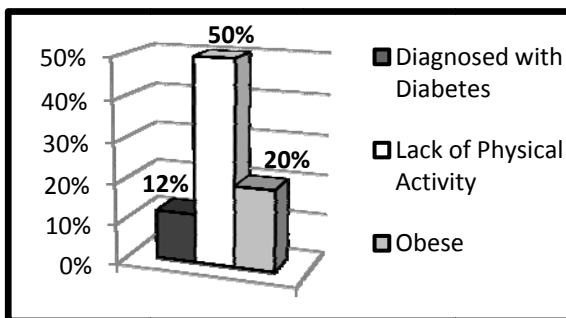
As a result of participation in Green County Extension programs:¹

- **42** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **135** people were involved in addressing issues of their community.
- **210** people increased their knowledge of how government works.

Our Health

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

Figure 2. Health Risks.⁹



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

- **251** people made lifestyle changes to improve physical health.
- **164** people implemented new practices to maintain health and well-being.
- **486** 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.