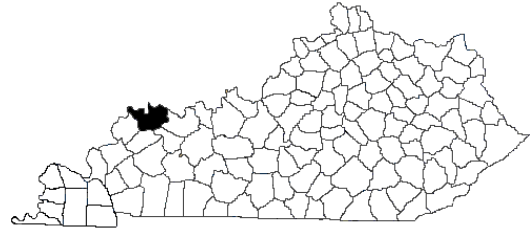


Building Strong Families for Kentucky

..... in Henderson County

Amanda Hardy, 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 Henderson County resulting in strong families for Kentucky. Educational programs focus on:

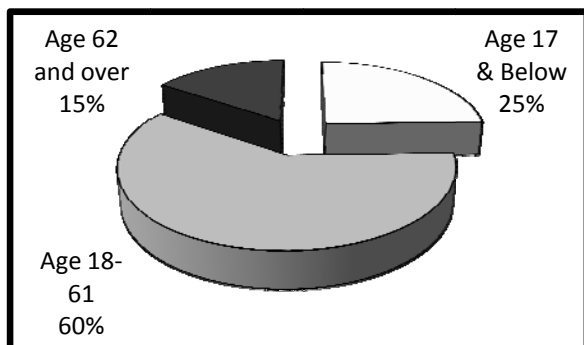
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **18,634** contacts with Henderson County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **44,829**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=44,829)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The FCS agent developed Power Up!, a nutrition and physical activity program for youth to learn more about healthier lifestyle choices. Each lesson included a nutrition key idea, a physical activity, and a tasting experience. The Program Assistant enrolled 187 youth and secured 21 adult and youth volunteers. Assessment demonstrated an increase in fruit and vegetable consumption each week during the program. Positive behavior changes observed and reported by the school staff over the four week program included: youth choosing fruits and vegetables more often, all youth tasted a newly introduced fruit or vegetable, youth more likely to ask for a fruit or vegetable for a snack, and youth eating fruits and/or vegetables more often at home mealtime.¹

Our Families

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

- **12,611** families reside in the county.
- **1,218** families (**9.7%**) live below poverty level.
- Median family income is **\$44,703**.
- **443** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **6,132** people in Henderson County receive food stamps. The average family food stamp benefit is **\$216.81** per month.³

In the county, **54** children live in out-of-home care.⁴ In 2004, there were **116** incidents of adult abuse and **214** incidents of child abuse.⁵

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

- **435** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **40** people increased their knowledge and skills related to parenting and personal relationships.
- **50** adult, dependent, and child care providers increased their care giving knowledge.
- **75** people adopted money management practices to reduce debt and/or increase savings.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Henderson County was **5.8%**. This represented a **35%** increase from the September 2007 level of **4.3%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Henderson County, 90-day mortgage delinquency rates have increased by **93%** and 60-day bank card delinquency rates have increased by **36%**.⁷ In a six-month period (May through October 2008), **57** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Henderson County, **12%** of the people under age 65 are uninsured.⁹

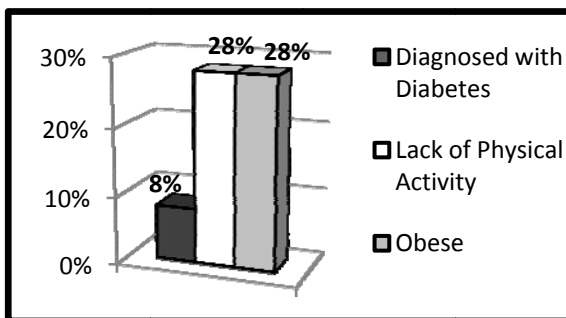
As a result of participation in Henderson County Extension programs:¹

- **72** citizens enhanced their leadership skills by participation in leadership programs.
- Henderson County Extension is involved in **31** community coalitions.
- **74** 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 Henderson County.

Figure 2. Health Risks.⁹



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

- **40** people made lifestyle changes to improve physical health.
- **250** people implemented new practices to maintain health and well-being.
- **40** people gained knowledge and skills to make lifestyle changes to improve their health.

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.