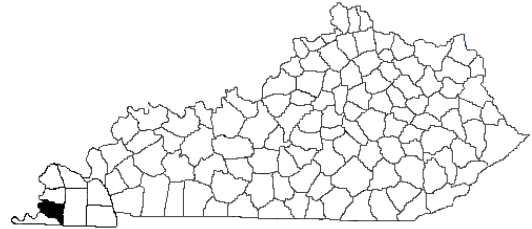


# Building Strong Families for Kentucky

## ..... in Hickman County

Melissa Goodman, 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 Hickman County resulting in strong families for Kentucky. Educational programs focus on:

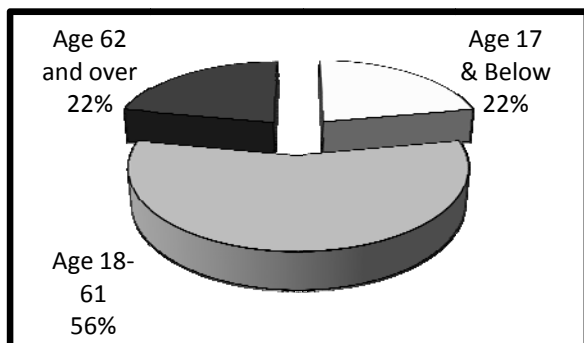
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **6,315** contacts with Hickman County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **5,262**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=5,262)



### Spotlight on . . .

## ***Making Beneficial Lifestyle Choices***



The LEAP, Literacy, Eating and Activity for Preschoolers for Health, is a new initiative in Hickman County taught by the FCS agent. The program was taught to 71 Head Start Preschoolers and 59 Kindergartners. Classroom teachers continue to be highly impressed with the curriculum and children's reactions. Post lesson observations concluded that 115 students tasted a new fruit or vegetable during the program; 118 students would try the fruit or vegetable again at home; and 120 students left the sessions knowing at least one good health habit and the benefit of exercise and fruit/vegetable consumption.<sup>1</sup>

## Our Families

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

- **1,554** families reside in the county.
- **220 families (14.2%)** live below poverty level.
- Median family income is **\$37,049**.
- **41** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **596** people in Hickman County receive food stamps. The average family food stamp benefit is **\$184.43** per month.<sup>3</sup>

In the county, **10** children live in out-of-home care.<sup>4</sup> In 2004, there were **2** incidents of adult abuse and **8** incidents of child abuse.<sup>5</sup>

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

- **113** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **160** adults and youth improved their ability to make informed and effective decisions.
- **55** people increased their knowledge and skills related to parenting and personal relationships.
- **25** 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 Hickman County was **7.2%**. This represented a **7%** increase from the September 2007 level of **6.7%**.<sup>6</sup>

Foreclosure filings are important financial indicators of community well-being. In Hickman County in a six-month period (May through October 2008), **3** foreclosures were filed.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Hickman County, **15%** of the people under age 65 are uninsured.<sup>8</sup>

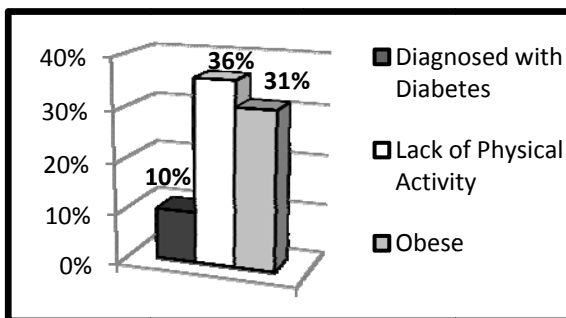
### ***As a result of participation in Hickman County Extension programs:<sup>1</sup>***

- **114** people increased their knowledge of how government works.
- **240** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **78** 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 Hickman County.

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



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

- **360** people made lifestyle changes to improve physical health.
- **35** people implemented new practices to maintain health and well-being.
- **260** 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> Kentucky Administrative Office of the Courts, November, 2008.

<sup>8</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.