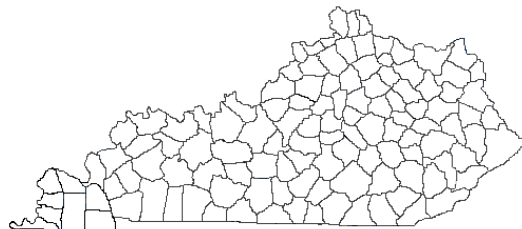


# Building Strong Families for Kentucky

*Family and Consumer Sciences Extension  
School of Human Environmental Sciences*



Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Kentucky. Educational programs focus on:

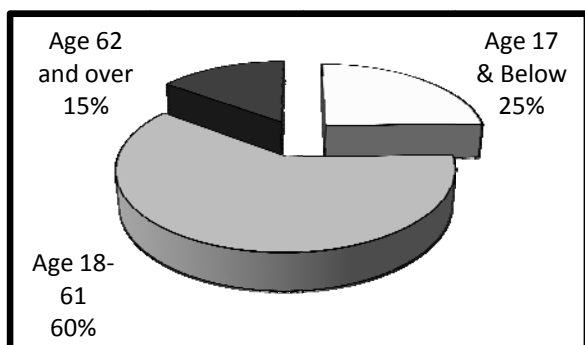
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **2,282,518** contacts with Kentucky families during 2007-2008.<sup>1</sup>

## Our People

The 2000 U.S. Census reported total population as **4,041,769**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=4,041,769)



## Spotlight on . . .

### **2007-2008 Featured Programs**



During 2007-2008, Family and Consumer Sciences Extension collected detailed impact data for three specific programs. The following outcomes were documented through these programs.<sup>1</sup>

- **35%** of participants in ***Weight the Reality Series*** reported losing 5% of their initial weight during the program.
- **63%** of participants in ***Estate and Financial Planning for Life*** implemented a recordkeeping system.
- **55%** of participants in ***Keys to Great Parenting*** adopted new skills for communication with their child(ren).

## Our Families

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

- **1,110,426** families reside in the state.
- **140,519** families (**12.7%**) live below poverty level.
- Median family income is **\$40,939**.
- **35,818** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **639,394** people in Kentucky receive food stamps. The average family food stamp benefit is **\$217.28** per month.<sup>3</sup>

In Kentucky, **12,921** children live in out-of-home care.<sup>4</sup> In 2004, there were **7,583** incidents of adult abuse and **16,024** incidents of child abuse.<sup>5</sup>

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

- **29,977** people increased their knowledge and skills related to parenting and personal relationships.
- **36,152** people used safe practices to store, handle, and prepare food.
- **33,105** individuals adopted one or more strategies to increase access to food or make it more affordable.
- **24,117** limited resource individuals were served by Extension's Nutrition Education Programs.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Kentucky was **6.7%**. This represented a **31%** increase from the September 2007 level of **5.1%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. For Kentucky counties, 90-day mortgage delinquency rates have increased an average of **19%** and 60-day bank card delinquency rates have increased an average of **20%**.<sup>7</sup> In a six-month period (May through October 2008), **7,010** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Kentucky, **14%** of the people under age 65 are uninsured.<sup>9</sup>

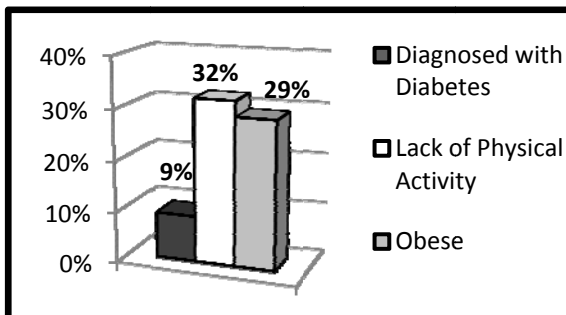
### *As a result of participation in Kentucky Extension programs:<sup>1</sup>*

- **18,947** people adopted money management practices to reduce debt and/or increase savings.
- **24,205** people were involved in addressing issues of their community.
- **4,231** adult, dependent, and child care providers increased their care giving knowledge.
- Cooperative Extension is engaged in **2,054** community coalitions.
- **79,532** adults or youth improved their ability to make informed and effective decisions.

## Our Health

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

Figure 2. Health Risks.<sup>9</sup>



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

- **50,206** people made lifestyle changes to improve physical health.
- **37,446** people implemented new practices to maintain their health and well-being.
- **28,246** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- Cooperative Extension offered **1,322** joint programs with community organizations that focused on comprehensive health maintenance.

### 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 Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.