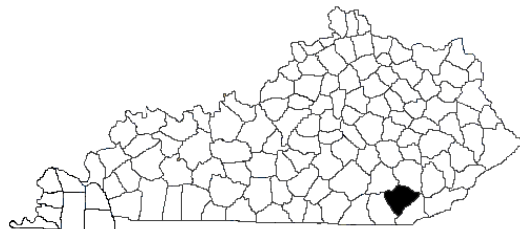


Building Strong Families for Kentucky

..... in Knox County

Renata Farmer, 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 Knox County resulting in strong families for Kentucky. Educational programs focus on:

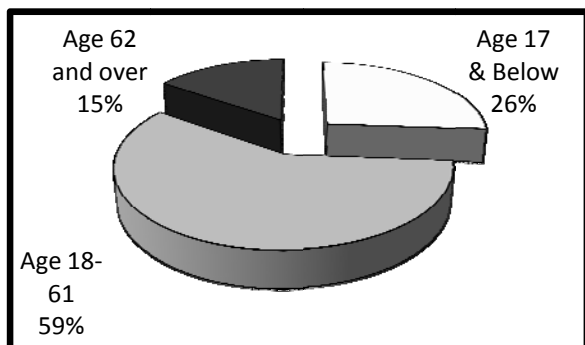
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **19,117** contacts with Knox County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **31,795**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=31,795)



Spotlight on . . .

Making Beneficial Lifestyle Choices



One hundred and sixty youths participated in a series of lessons highlighting the food pyramid, food's role in the body, where food comes from, and understanding the importance of physical activity. At the end of four lessons, 90 percent of student participants could place food items on the food guide pyramid correctly. Seventy-five percent of student participants could identify at least one vitamin/mineral in each food group, such as calcium in dairy, and correctly describe its role (calcium is for strong bones). All the students participated in physical activity with 50 percent of students reporting an increase in activity at home.¹

Our Families

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

- **8,879** families reside in the county.
- **2,630** families (**29.6%**) live below poverty level.
- Median family income is **\$23,136**.
- **435** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **10,840** people in Knox County receive food stamps. The average family food stamp benefit is **\$211.26** per month.³

In the county, **134** children live in out-of-home care.⁴ In 2004, there were **16** incidents of adult abuse and **117** incidents of child abuse.⁵

*As a result of participation in Knox County Extension programs:*¹

- **1,100** people increased their knowledge and skills related to parenting and personal relationships.
- **500** adult, dependent, and child care providers increased their care giving knowledge.
- **800** people adopted money management practices to reduce debt and/or increase savings.
- **1,500** 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 Knox County was **7.6%**. This represented a **15%** increase from the September 2007 level of **6.6%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Knox County, 90-day mortgage delinquency rates have increased by **469%** and 60-day bank card delinquency rates have increased by **16%**.⁷ In a six-month period (May through October 2008), **15** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Knox County, **21%** of the people under age 65 are uninsured.⁹

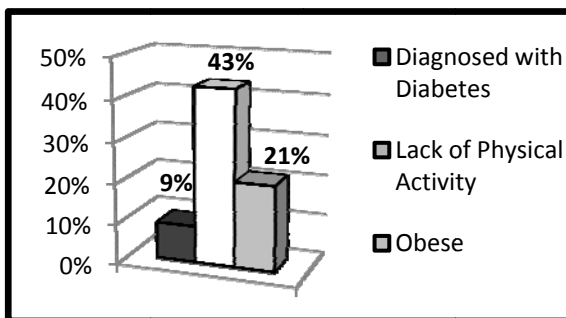
*As a result of participation in Knox County Extension programs:*¹

- **3,600** adults or youth improved their ability to make informed and effective decisions.
- **1,600** people were involved in addressing issues of their community.
- Knox County Extension is involved in **30** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



*As a result of participation in Knox County Extension programs:*¹

- **250** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **1,500** people made lifestyle changes to improve physical health.
- **700** people implemented new practices to maintain their health and well-being.

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.