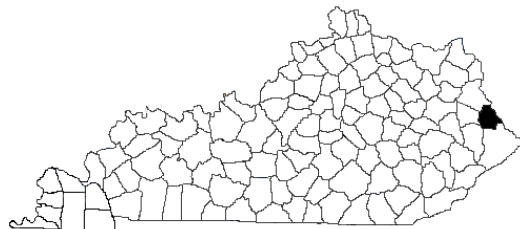


Building Strong Families for Kentucky

..... in Martin County

Stephanie Crum, 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 Martin County resulting in strong families for Kentucky. Educational programs focus on:

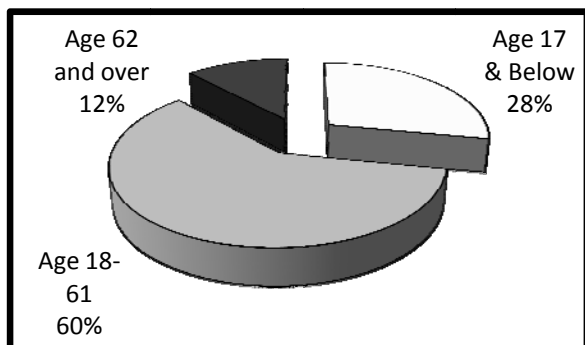
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **2,981** contacts with Martin County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **12,578**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=12,578)



Spotlight on . . .

Making Beneficial Lifestyle Choices



According to Kentucky data, heart disease is the number one cause of death in Martin County. It is common knowledge that heart disease can be linked to poor diet and lack of exercise. To combat this problem early, the FCS agent collaborated with one local elementary school to have all fourth graders participate in the Clover Cat Way to Wellness program. Students learned basic nutrition and physical fitness information. By the end of the program, students were able to read nutrition labels and the food guide pyramid and stated that they intended to eat better now that they knew what nutritious snacks they preferred.¹

Our Families

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

- **3,639** families reside in the county.
- **1,211** families (**33.3%**) live below poverty level.
- Median family income is **\$21,574**.
- **122** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,056** people in Martin County receive food stamps. The average family food stamp benefit is **\$209.20** per month.³

In the county, **206** children live in out-of-home care.⁴ In 2004, there were **90** incidents of adult abuse and **173** incidents of child abuse.⁵

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

- **103** people gained knowledge about safe storage, handling, and preparation of food.
- **26** people used safe practices to store, handle, and prepare food.
- **99** food stamp eligible or recipient families consumed more fruits and vegetables daily.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Martin County was **7.9%**. This represented a **1%** increase from the September 2007 level of **7.8%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Martin County, **3.33%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **18%**.⁷

Access to health insurance is another important factor contributing to family well-being. In Martin County, **19%** of the people under age 65 are uninsured.⁸

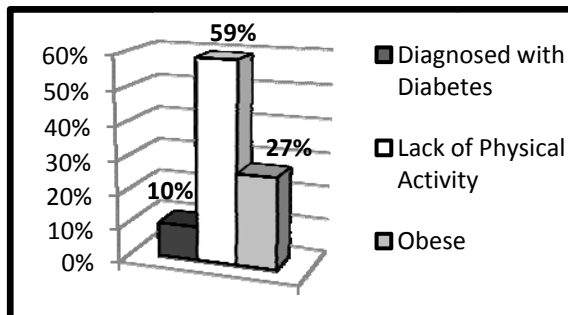
As a result of participation in Martin County Extension programs:¹

- **100** people expanded their knowledge of economic development.
- **300** adults or youth improved their ability to make informed and effective decisions.
- **140** 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 Martin County.

Figure 2. Health Risks⁸



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

- **34** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **290** people made lifestyle changes to improve physical health.
- **29** people implemented new practices to maintain their health and well-being.
- **490** 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.