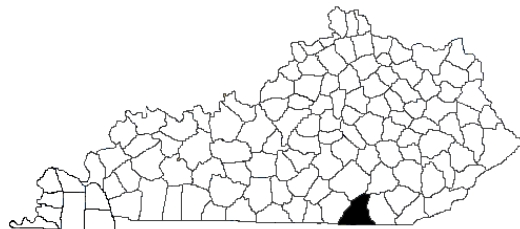


# Building Strong Families for Kentucky

## ..... in McCreary County

Kathy Brannon, 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 McCreary County resulting in strong families for Kentucky. Educational programs focus on:

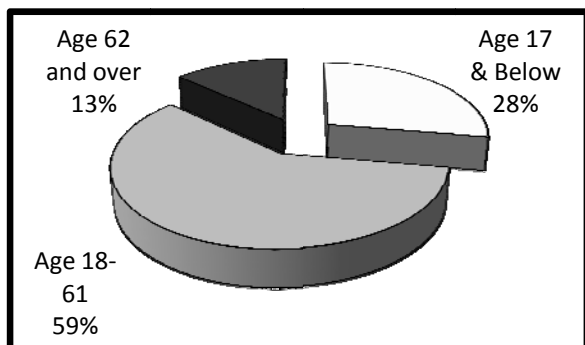
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **6,103** contacts with McCreary County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **17,080**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=17,080)



### Spotlight on . . .

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



The County Health Department and McCreary County Extension Service teamed up to offer a 12-week program promoting physical activity and healthy weight management from mid-January to the end of March. Weekly weigh-ins and educational topics were offered. The Extension Service provided weekly incentives and hand outs on nutrition and physical activity. Nineteen individuals participated. Twelve people completed the 12 week program, and three people reached the goal of losing at least 7% of their body weight. A total of 156 pounds were lost by all. Average weight loss per individual was 6.33 pounds. Positive behavior changes reported by 85% of participants were: controlling portion size, eating breakfast daily, eating more fruits and vegetables, and drinking more water.<sup>1</sup>

## Our Families

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

- **4,772** families reside in the county.
- **1,244 families (26.1%)** live below poverty level.
- Median family income is **\$22,261**.
- **190** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **6,002** people in McCreary County receive food stamps. The average family food stamp benefit is **\$207.20** per month.<sup>3</sup>

In the county, **2** children live in out-of-home care.<sup>4</sup> In 2004, there were **17** incidents of adult abuse and **197** incidents of child abuse.<sup>5</sup>

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

- **300** people increased their knowledge and skills related to parenting and personal relationships.
- **35** adult, dependent, and child care providers increased their care giving knowledge.
- **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 McCreary County was **9.5%**. This represented a **16%** increase from the September 2007 level of **8.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In McCreary County, 90-day mortgage delinquency rates have increased by **15%** and **2.01%** of bank cards are 60-days delinquent.<sup>7</sup> In a six-month period (May through October 2008), **3** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In McCreary County, **24%** of the people under age 65 are uninsured.<sup>9</sup>

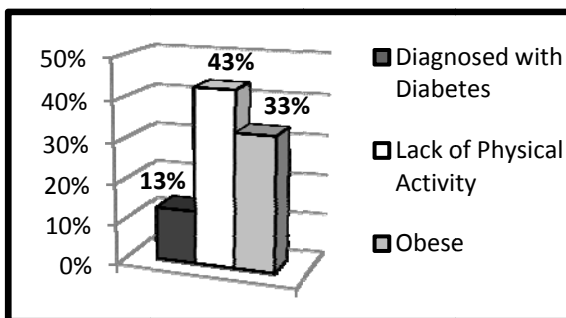
### ***As a result of participation in McCreary County Extension programs:<sup>1</sup>***

- **200** people adopted money management practices to reduce debt and/or increase savings.
- **1,250** adults or youth improved their ability to make informed and effective decisions.
- McCreary 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 McCreary County.

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



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

- **100** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **425** people made lifestyle changes to improve physical health.
- **475** people implemented new practices to maintain their health and well-being.
- **700** people gained knowledge and skills to make lifestyle changes to improve their health.

### **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.