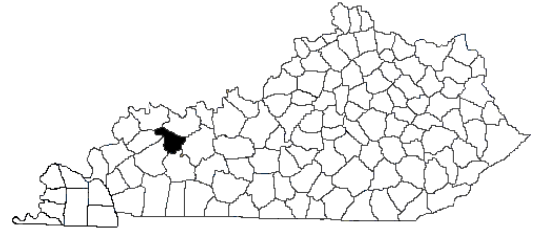


# Building Strong Families for Kentucky

## ..... in McLean County

(Currently Vacant), 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 McLean County resulting in strong families for Kentucky. Educational programs focus on:

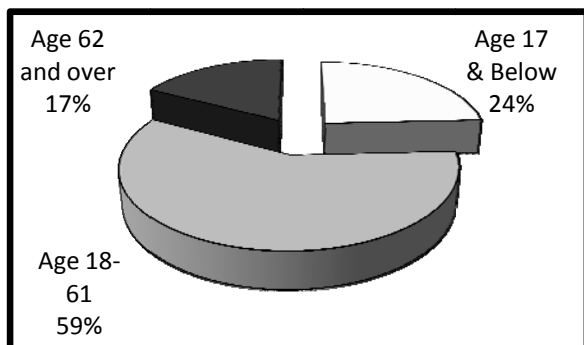
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **12,236** contacts with McLean County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **9,938**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=9,938)



### Spotlight on . . .

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



In an effort to address physical activity among citizens of McLean County, the Extension Service partnered with other community organizations and held its first “The Longest Day of Play.” This program is designed to promote physical activity on the longest day of sunlight in the year. This event was held at our county park on a Sunday afternoon when families typically spend the most time together. As a result, 129 people participated in the event. Ninety-nine percent said they would participate again next year. By showing different fun ways to be physically active, the participants said they would make physical activity a part of their daily schedule.<sup>1</sup>

## Our Families

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

- **2,911** families reside in the county.
- **399 families (13.7%)** live below poverty level.
- Median family income is **\$35,322**.
- **124** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,272** people in McLean County receive food stamps. The average family food stamp benefit is **\$216.27** per month.<sup>3</sup>

In the county, **30** children live in out-of-home care.<sup>4</sup> In 2004, there were **13** incidents of adult abuse and **49** incidents of child abuse.<sup>5</sup>

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

- **12** people increased their knowledge and skills related to parenting and personal relationships.
- **252** people adopted money management practices to reduce debt and/or increase savings.
- **216** people gained knowledge about safe storage, handling, and preparation of food.
- **139** 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 McLean County was **7.4%**. This represented a **45%** 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. In McLean County, 60-day bank card delinquency rates have increased by **189%**.<sup>7</sup> In a six-month period (May through October 2008), **2** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In McLean County, **13%** of the people under age 65 are uninsured.<sup>9</sup>

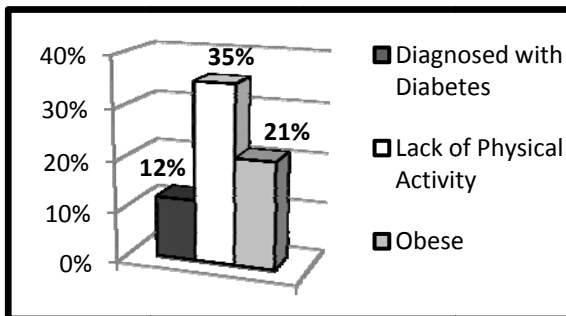
### *As a result of participation in McLean County Extension programs:*<sup>1</sup>

- **255** adults or youth improved their ability to make informed and effective decisions.
- **65** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **88** 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 McLean County.

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



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

- **755** people gained knowledge and skills to make lifestyle changes to improve their health.
- **126** people made lifestyle changes to improve physical health.
- **141** people implemented new practices to maintain their health and well-being.

### 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.