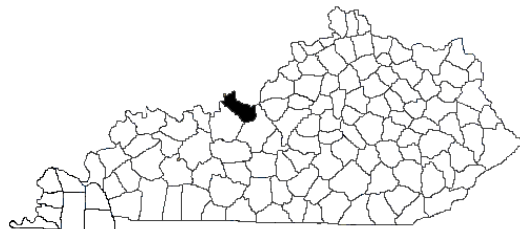


# Building Strong Families for Kentucky

## ..... in Meade County

Jennifer Bridge, 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 Meade County resulting in strong families for Kentucky. Educational programs focus on:

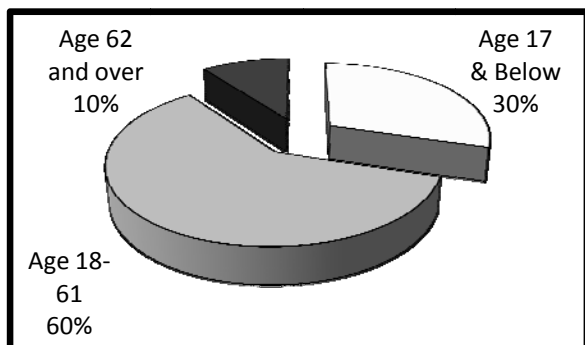
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **16,855** contacts with Meade County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **26,349**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=26,349)



### Spotlight on . . .

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



Weight the Reality series was offered to Meade County residents in the spring of 2008. Thirty-two people participated by attending weekly sessions for eight weeks during which they gained information on portion control, meal planning, basic nutrition, and exercise tips. At the end of the eight week program, a total of 174.25 pounds had been lost. Participants reported they had more energy, felt more in control of their eating habits and life, and planned to continue their newly formed habits. Currently, 5% of the participants stop by the Extension office weekly to use the scales to check their progress.<sup>1</sup>

## Our Families

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

- **7,471** families reside in the county.
- **695 families (9.3%)** live below poverty level.
- Median family income is **\$40,592**.
- **316** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,719** people in Meade County receive food stamps. The average family food stamp benefit is **\$244.11** per month.<sup>3</sup>

In the county, **40** children live in out-of-home care.<sup>4</sup> In 2004, there were **35** incidents of adult abuse and **111** incidents of child abuse.<sup>5</sup>

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

- **392** people increased their knowledge and skills related to parenting and personal relationships.
- **36** adult, dependent, and child care providers increased their care giving knowledge.
- **21** people adopted money management practices to reduce debt and/or increase savings.
- **75%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Meade County was **8.2%**. This represented a **52%** increase from the September 2007 level of **5.4%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Meade County, 90-day mortgage delinquency rates have increased by **13%** and 60-day bank card delinquency rates have increased by **7%**.<sup>7</sup> In a six-month period (May through October 2008), **62** foreclosures were filed.<sup>8</sup>

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

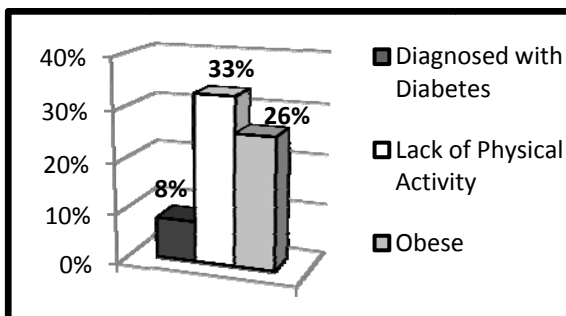
### ***As a result of participation in Meade County Extension programs:***<sup>1</sup>

- **153** adults or youth improved their ability to make informed and effective decisions.
- **84** citizens enhanced their leadership skills by participating in leadership programs.
- **22** 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 Meade County.

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



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

- **396** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **28** people made lifestyle changes to improve physical health.
- **75** 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.