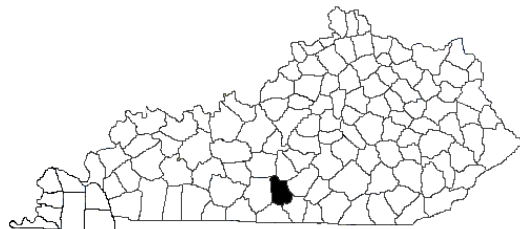


# Building Strong Families for Kentucky

## ..... in Metcalfe County

Lynn Blankenship, 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 Metcalfe County resulting in strong families for Kentucky. Educational programs focus on:

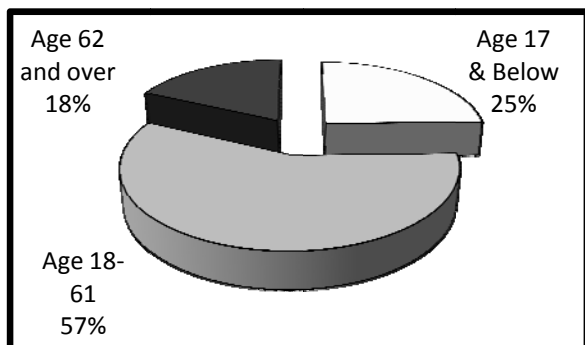
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **11,257** contacts with Metcalfe County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **10,037**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=10,037)



### Spotlight on . . .

## ***Empowering Community Leaders***



Metcalfe County Extension Homemakers conducted nine educational trainings during this program year, reaching approximately 736 community members with research based information. To promote college education, the member's provide a \$700.00 scholarship annually. Active Metcalfe County Extension Homemakers reported volunteering 1,015 hours during this program year in such roles as: farmer's market planning committee, Red Cross Blood Drives, community gardens, Relay for Life, the Chamber of Commerce, and Salvation Army. According to the Independent Sector, volunteer time is worth \$16.07 per hour in Kentucky. At this rate, they contributed \$16,311.00 into the Metcalfe County economy through volunteer service.<sup>1</sup>

## Our Families

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

- **2,913** families reside in the county.
- **549** families (**18.8%**) live below poverty level.
- Median family income is **\$29,178**.
- **96** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,879** people in Metcalfe County receive food stamps. The average family food stamp benefit is **\$199.33** per month.<sup>3</sup>

In the county, **66** children live in out-of-home care.<sup>4</sup> In 2004, there were **9** incidents of adult abuse and **80** incidents of child abuse.<sup>5</sup>

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

- **122** adult, dependent, and child care providers increased their care giving knowledge.
- **54** people gained knowledge about safe storage, handling, and preparation of food.
- **78%** 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 Metcalfe County was **6.8%**. This represented a **33%** 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 Metcalfe County, 90-day mortgage delinquency rates have increased by **55%** and 60-day bank card delinquency rates have increased by **4%**.<sup>7</sup> In a six-month period (May through October 2008), **1** foreclosure was filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Metcalfe County, **19%** of the people under age 65 are uninsured.<sup>9</sup>

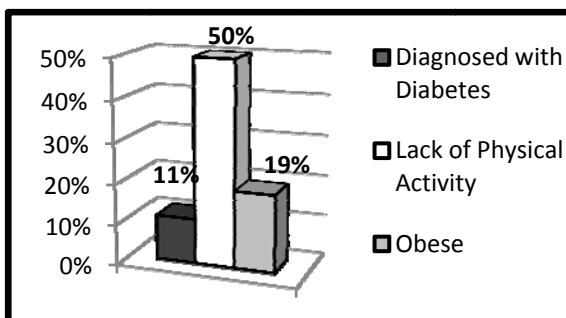
### ***As a result of participation in Metcalfe County Extension programs:***<sup>1</sup>

- **110** people adopted money management practices to reduce debt and/or increase savings.
- **1,452** adults or youth improved their ability to make informed and effective decisions.
- **96** 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 Metcalfe County.

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



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

- **546** people gained knowledge and skills to make lifestyle changes to improve their health.
- **64** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **59** people made lifestyle changes to improve physical health.
- **34** 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.