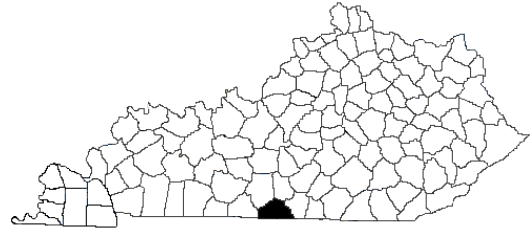


# Building Strong Families for Kentucky

## ..... in Monroe 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 Monroe County resulting in strong families for Kentucky. Educational programs focus on:

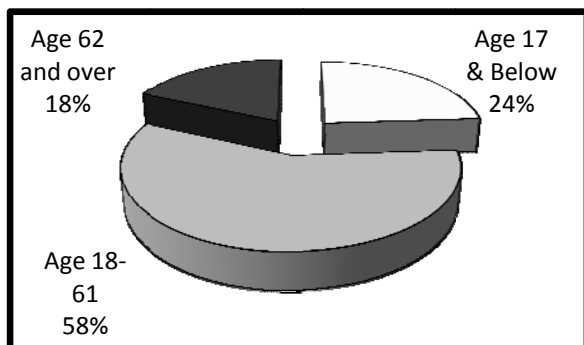
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **5,334** contacts with Monroe County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **11,756**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=11,756)



### Spotlight on . . .

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



Monroe County is in the state's highest quintile for prevalence of obesity with a rate of 40%. These startling statistics led the County Extension Council to indicate increasing cardiovascular disease awareness as a major area of programming. The County Extension Agent for Family and Consumer Sciences coordinated low impact aerobics classes, Get Moving Kentucky, Portion Distortion, nutrition programming with youth, and Weight the Reality Series to reach 658 Monroe Countians. Participants reported that 100% now realize the importance of physical activity and proper nutrition, 80% have increased their amount of physical activity, and 68% of those trying to lose weight have lost weight as a result of one of the programs.<sup>1</sup>

## Our Families

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

- **3,400** families reside in the county.
- **681** families (**20%**) live below poverty level.
- Median family income is **\$27,112**.
- **160** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,242** people in Monroe County receive food stamps. The average family food stamp benefit is **\$188.57** per month.<sup>3</sup>

In the county, **25** children live in out-of-home care.<sup>4</sup> In 2004, there were **11** incidents of adult abuse and **38** incidents of child abuse.<sup>5</sup>

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

- **287** people gained knowledge about safe storage, handling, and preparation of food.
- **300** adults or youth improved their ability to make informed and effective decisions.
- **353** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **287** 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 Monroe County was **8.2%**. This represented a **37%** increase from the September 2007 level of **6%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Monroe County, 90-day mortgage delinquency rates have increased by **7%** and 60-day bank card delinquency rates have increased by **48%**.<sup>7</sup> In a six-month period (May through October 2008), **15** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Monroe County, **18%** of the people under age 65 are uninsured.<sup>9</sup>

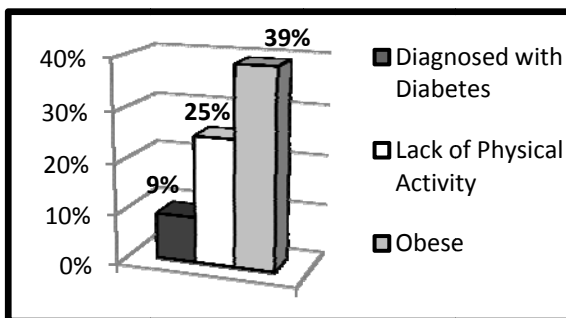
### ***As a result of participation in Monroe County Extension programs:***<sup>1</sup>

- **24** people expanded their knowledge of economic development.
- **340** people were involved in addressing issues of their community.
- Monroe County Extension is involved in **18** community coalitions.

## Our Health

The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Monroe County.

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



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

- **297** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **287** people made lifestyle changes to improve physical health.
- **109** 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.