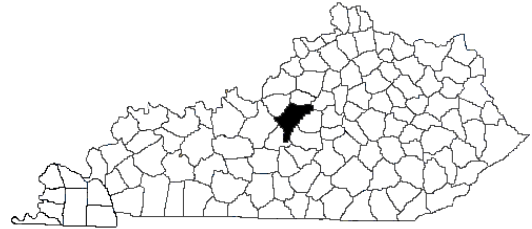


# Building Strong Families for Kentucky

## ..... in Nelson County

Brandi Cope, 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 Nelson County resulting in strong families for Kentucky. Educational programs focus on:

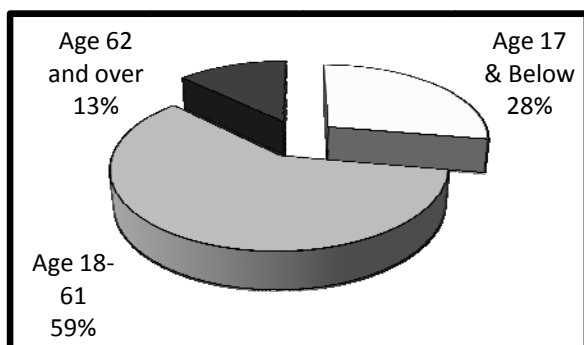
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **4,552** contacts with Nelson County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **37,477**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=37,477)



### Spotlight on . . .

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



The FCS program used the Derma Scan machine at Nelson County's annual garden tour to give individuals the opportunity to see skin damage already caused by the sun. All participants were shocked to see the damage. Information and a display was set-up to include examples of melanoma, how to tell if a mole needs to be checked, and the effects a tanning bed on skin. The use of sunscreen and hats were strongly recommended. Those with young children were also encouraged to lather their children with a high SPF sunscreen.<sup>1</sup>

## Our Families

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

- **10,321** families reside in the county.
- **1,034** families (**10%**) live below poverty level.
- Median family income is **\$44,600**.
- **363** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,983** people in Nelson County receive food stamps. The average family food stamp benefit is **\$222.42** per month.<sup>3</sup>

In the county, **73** children live in out-of-home care.<sup>4</sup> In 2004, there were **31** incidents of adult abuse and **80** incidents of child abuse.<sup>5</sup>

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

- **3,300** people increased their knowledge and skills related to parenting and personal relationships.
- **60** adult, dependent, and child care providers increased their care giving knowledge.
- **250** people used safe practices to store, handle, and prepare food.
- **648** food stamp eligible or recipient families consumed more fruits and vegetables daily.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Nelson County was **8.1%**. This represented a **72%** increase from the September 2007 level of **4.7%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Nelson County, 90-day mortgage delinquency rates have increased by **37%** and 60-day bank card delinquency rates have increased by **39%**.<sup>7</sup> In a six-month period (May through October 2008), **102** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Nelson County, **10%** of the people under age 65 are uninsured.<sup>9</sup>

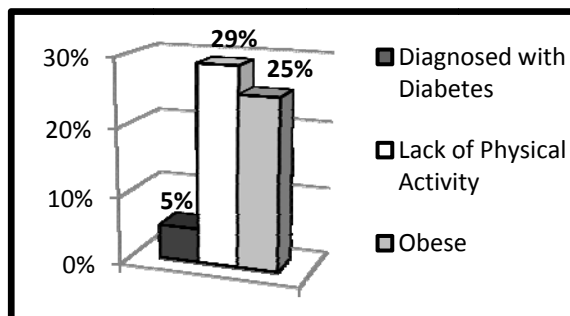
### *As a result of participation in Nelson County Extension programs:*<sup>1</sup>

- **400** people adopted money management practices to reduce debt and/or increase savings.
- **3,300** adults or youth improved their ability to make informed and effective decisions.
- **750** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.

## Our Health

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

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



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

- **500** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **150** people made lifestyle changes to improve physical health.
- **300** 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.