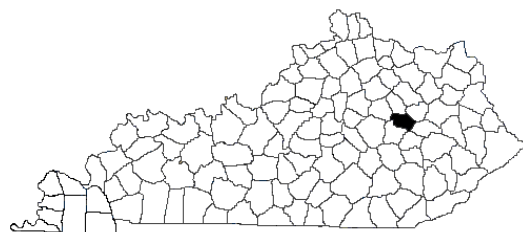


Building Strong Families for Kentucky

. . . . in Powell County

Pam Dooley, 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 Powell County resulting in strong families for Kentucky. Educational programs focus on:

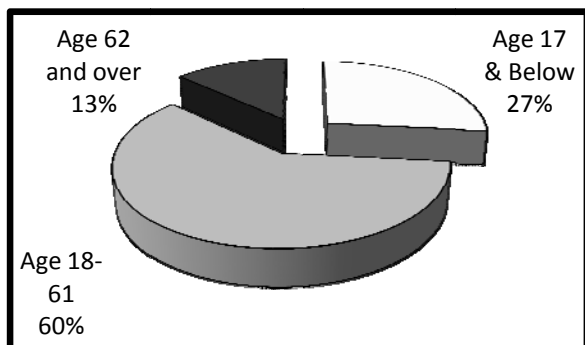
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **12,771** contacts with Powell County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **13,237**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=13,237)



Spotlight on . . .

Making Beneficial Lifestyle Choices



According to the Centers for Disease Control, heart disease is the leading cause of death in the United States. To address this issue, the FCS agent partnered with the local health department to present the “Keep the Beat” program, which addressed symptoms of heart disease, physical activity, prevention methods, cooking methods, and changes in eating habits. The FCS agent presented fat facts, food label definitions, ways to reduce sodium, heart healthy recipe substitutes and cooking methods. One participant expressed that she had been suffering from heart disease for 20 years and had gotten more information from this program than any other source. She stated she now knew ways to prepare her food in a healthier way.¹

Our Families

Using data from the 2000 U.S. Census, Powell County families can be described as follows:²

- **3,800** families reside in the county.
- **719 families (18.9%)** live below poverty level.
- Median family income is **\$30,483**.
- **145** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,624** people in Powell County receive food stamps. The average family food stamp benefit is **\$220.13** per month.³

In the county, **33** children live in out-of-home care.⁴ In 2004, there were **4** incidents of adult abuse and **105** incidents of child abuse.⁵

*As a result of participation in Powell County Extension programs:*¹

- **525** people increased their knowledge and skills related to parenting and personal relationships.
- **160** people adopted money management practices to reduce debt and/or increase savings.
- **500** 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 Powell County was **8.5%**. This represented a **47%** increase from the September 2007 level of **5.8%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Powell County, 90-day mortgage delinquency rates have increased by **35%** and **2.51%** of bank cards are 60-days delinquent.⁷

Access to health insurance is another important factor contributing to family well-being. In Powell County, **16%** of the people under age 65 are uninsured.⁸

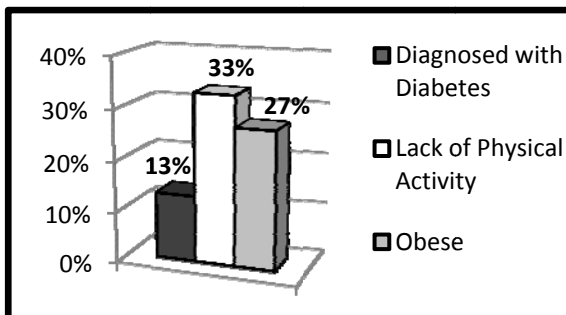
*As a result of participation in Powell County Extension programs:*¹

- **460** adults or youth improved their ability to make informed and effective decisions.
- **675** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **75** 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 Powell County.

Figure 2. Health Risks.⁸



*As a result of participation in Powell County Extension programs:*¹

- **650** people gained knowledge and skills to make lifestyle changes to improve their health.
- **850** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **375** people made lifestyle changes to improve physical health.
- **610** people implemented new practices to maintain their health and well-being.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

² U.S. Bureau of the Census, Census 2000.

³ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁵ Kentucky Department for Public Health, County Health Priorities, 2004.

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.