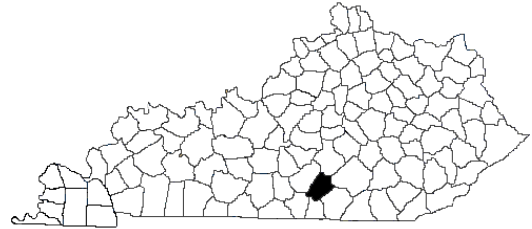


# Building Strong Families for Kentucky

## ..... in Russell County

Pamela York, 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 Russell County resulting in strong families for Kentucky. Educational programs focus on:

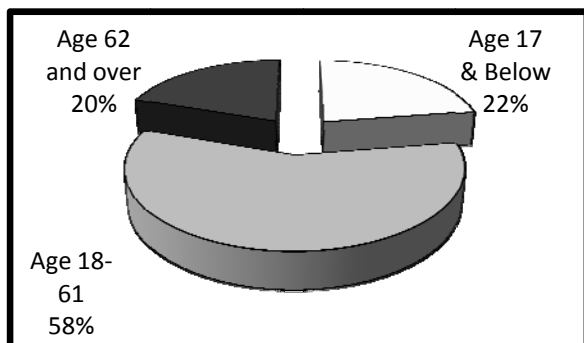
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **7,097** contacts with Russell County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **16,315**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=16,315)



### Spotlight on . . .

## Accessing Nutritious Food



Local Hispanic families were involved in growing a community garden with assistance from the U.K. Cooperative Extension Service, Kentucky State University, and community volunteers. A local farmer provided the ground for the garden plot along with the equipment to prepare the ground and care for the garden. Approximately 100 bags of fresh garden produce were frozen and 100 jars of food were preserved according to USDA guidelines. Items that were canned include green beans, salsa, tomatillos, and tomatoes. It is believed that as many as thirty Hispanic families benefited from the 2007 Community Garden Project.<sup>1</sup>

## Our Families

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

- **4,837** families reside in the county.
- **987 families (20.4%)** live below poverty level.
- Median family income is **\$27,803**.
- **152** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,799** people in Russell County receive food stamps. The average family food stamp benefit is **\$194.55** per month.<sup>3</sup>

In the county, **34** children live in out-of-home care.<sup>4</sup> In 2004, there were **10** incidents of adult abuse and **43** incidents of child abuse.<sup>5</sup>

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

- **25** people increased their knowledge and skills related to parenting and personal relationships.
- **10** adult, dependent, and child care providers increased their care giving knowledge.
- **125** people gained knowledge about safe storage, handling, and preparation of food.
- **185** 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 Russell County was **6.8%**. This represented a **31%** increase from the September 2007 level of **5.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Russell County, 90-day mortgage delinquency rates have increased by **38%** and 60-day bank card delinquency rates have increased by **231%**.<sup>7</sup> In a six-month period (May through October 2008), **35** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Russell County, **17%** of the people under age 65 are uninsured.<sup>9</sup>

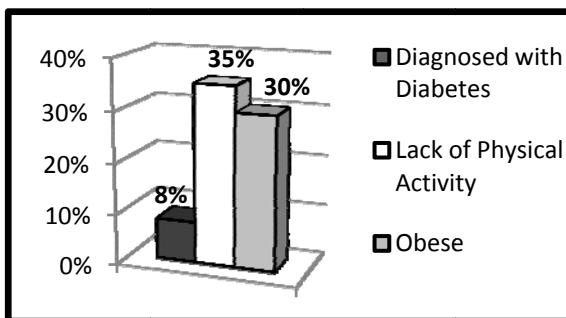
### ***As a result of participation in Russell County Extension programs:***<sup>1</sup>

- **75** people adopted money management practices to reduce debt and/or increase savings.
- **255** adults or youth improved their ability to make informed and effective decisions.
- **575** citizens enhanced their leadership skills by participating in leadership programs.

## Our Health

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

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



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

- **75** people gained knowledge and skills to make lifestyle changes to improve their health.
- **50** people made lifestyle changes to improve physical health.
- **125** 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.