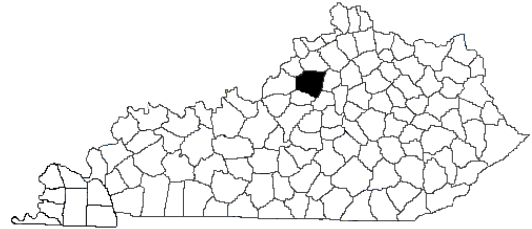


Building Strong Families for Kentucky

. . . . in Shelby County

Sheila Fawbush, 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 Shelby County resulting in strong families for Kentucky. Educational programs focus on:

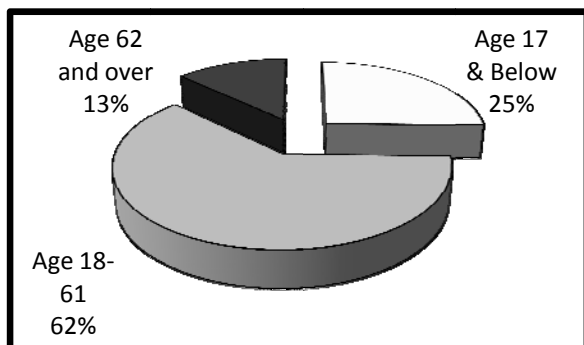
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **28,112** contacts with Shelby County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **33,337**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=33,337)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The FCS agent and Family Resource Center coordinator, and 22 Extension volunteers staffed thirteen food and nutrition stations in “Kids in the Kitchen.” Elementary age youth participated in cooking, nutrition, and food safety activities. Adults and youth family members participated in the hands-on foods adventures to practice hand washing and learn new cooking skills and recipes. End-of-session surveys completed by the 46 participants revealed: 94% practiced correct measuring techniques; 97% learned about dairy foods, calcium and their bones; and 94% learned other valuable nutrition information.¹

Our Families

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

- **9,148** families reside in the county.
- **597** families (**6.5%**) live below poverty level.
- Median family income is **\$52,764**.
- **229** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,878** people in Shelby County receive food stamps. The average family food stamp benefit is **\$225.43** per month.³

In the county, **81** children live in out-of-home care.⁴ In 2004, there were **78** incidents of adult abuse and **194** incidents of child abuse.⁵

As a result of participation in Shelby County Extension programs:¹

- **456** people increased their knowledge and skills related to parenting and personal relationships.
- **27** adult, dependent, and child care providers increased their care giving knowledge.
- **572** people used safe practices to store, handle, and prepare food.
- **916** food stamp eligible or recipient families consumed more fruits and vegetables.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Shelby County was **6.5%**. This represented a **55%** increase from the September 2007 level of **4.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Shelby County, **1.87%** of mortgages are 90-days delinquent and **1.48%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **115** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Shelby County, **12%** of the people under age 65 are uninsured.⁹

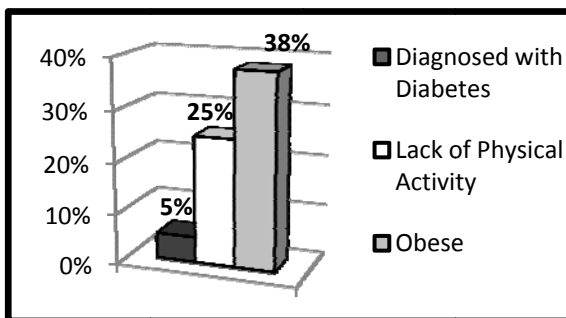
As a result of participation in Shelby County Extension programs:¹

- **45** people adopted money management practices to reduce debt and/or increase savings.
- **878** adults or youth improved their ability to make informed and effective decisions.
- **193** 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 Shelby County.

Figure 2. Health Risks.⁹



As a result of participation in Shelby County Extension programs:¹

- **5,422** people gained knowledge and skills to make lifestyle changes to improve their health.
- **4,066** people made lifestyle changes to improve physical health.
- **139** 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 Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.