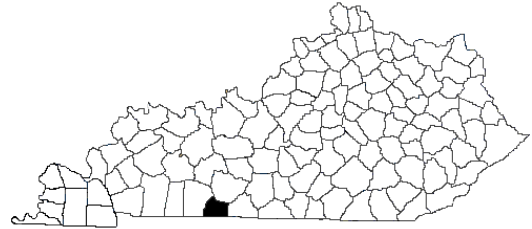


# Building Strong Families for Kentucky

## ..... in Simpson County

Kathy Jump, 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 Simpson County resulting in strong families for Kentucky. Educational programs focus on:

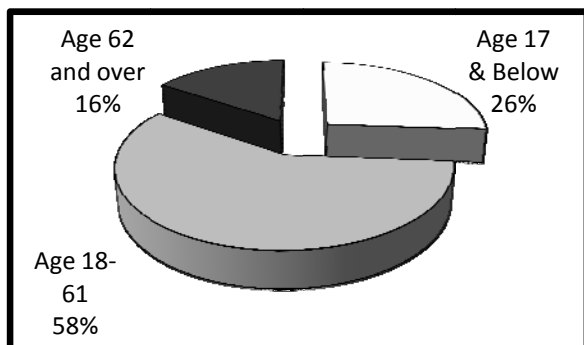
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **11,574** contacts with Simpson County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **16,405**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=16,405)



### Spotlight on . . .

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



To educate clients about healthy eating and physical activity, the FCS agent conducted the ten-week "Weight the Reality Series" program. The net weight loss of all participants was 180.4 pounds. The average loss in waist circumference was 1.4 inches. Results include: 91% of participants now monitor their weight on a regular basis; 83% feel they have become effective in managing their weight; 67% report eating 3-4 low fat or non-fat dairy products on a daily basis; 67% measure and control portions; and 67% keep a journal of their food intake and physical activity.<sup>1</sup>

## Our Families

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

- **4,647** families reside in the county.
- **396 families (8.5%)** live below poverty level.
- Median family income is **\$42,525**.
- **166** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,201** people in Simpson County receive food stamps. The average family food stamp benefit is **\$227.46** per month.<sup>3</sup>

In the county, **27** children live in out-of-home care.<sup>4</sup> In 2004, there were **20** incidents of adult abuse and **41** incidents of child abuse.<sup>5</sup>

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

- **38** adult, dependent and child care providers increased their care giving knowledge.
- **39** people adopted money management practices to reduce debt and/or increase savings.
- **41** people gained knowledge about safe storage, handling, and preparation of food.
- **408** 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 Simpson County was **6.1%**. This represented a **22%** increase from the September 2007 level of **5%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Simpson County, 90-day mortgage delinquency rates have increased by **44%** and **2.31%** of bank cards are 60-days delinquent.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Simpson County, **12%** of the people under age 65 are uninsured.<sup>8</sup>

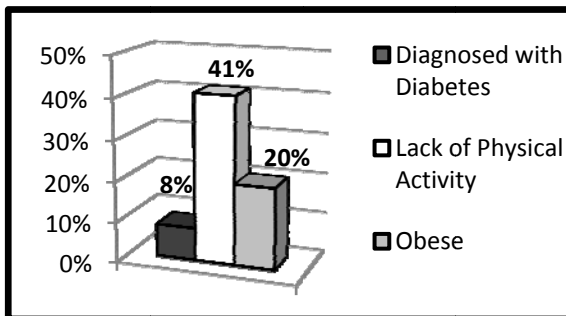
### ***As a result of participation in Simpson County Extension programs:<sup>1</sup>***

- **79** adults or youth improved their ability to make informed and effective decisions.
- **196** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **42** 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 Simpson County.

Figure 2. Health Risks.<sup>8</sup>



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

- **1,605** people gained knowledge and skills to make lifestyle changes to improve their health.
- **97** people made lifestyle changes to improve physical health.
- **208** 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.