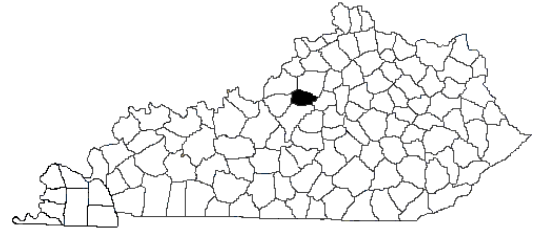


Building Strong Families for Kentucky

..... in Spencer County

Allison Lewis, 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 Spencer County resulting in strong families for Kentucky. Educational programs focus on:

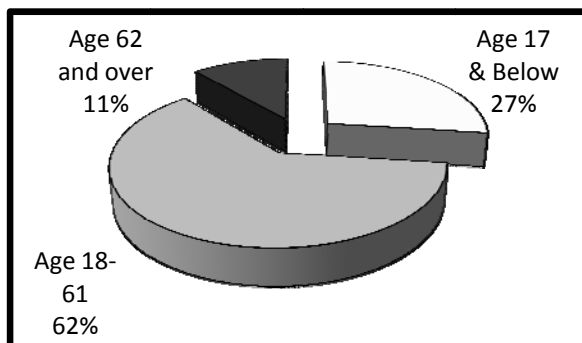
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **3,855** contacts with Spencer County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **11,766**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=11,766)



Spotlight on . . .

Making Beneficial Lifestyle Choices



“Chronic Disease Self-Management,” taught by the FCS agent in collaboration with the district health department, focused on living a healthy life with chronic conditions. Nine residents who suffered from chronic disease participated in this small group intervention. The program was based on self-efficacy theory and emphasized problem solving, decision making, and confidence building. Topics included: overview of self-management, making action plans, relaxation and cognitive symptom management, dealing with anger/fear/frustrations, advance directives, communication skills, making treatment decisions, and dealing with Depression. Many report that they will continue monitoring their chronic conditions so that they can live long and productive lives.¹

Our Families

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

- **3,408** families reside in the county.
- **263** families (**7.7%**) live below poverty level.
- Median family income is **\$52,038**.
- **96** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,257** people in Spencer County receive food stamps. The average family food stamp benefit is **\$220.61** per month.³

In the county, **26** children live in out-of-home care.⁴ In 2004, there were **4** incidents of adult abuse and **31** incidents of child abuse.⁵

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

- **75** people increased their knowledge and skills related to parenting and personal relationships.
- **60** adult, dependent, and child care providers increased their care giving knowledge.
- **75** people used safe practices to store, handle, and prepare food.
- **2,480** 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 Spencer County was **9.7%**. This represented a **98%** increase from the September 2007 level of **4.9%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Spencer County, **1.22%** of mortgages are 90-days delinquent and **1.25%** of bank cards are 60-days delinquent.⁷

Access to health insurance is another important factor contributing to family well-being. In Spencer County, **10%** of the people under age 65 are uninsured.⁸

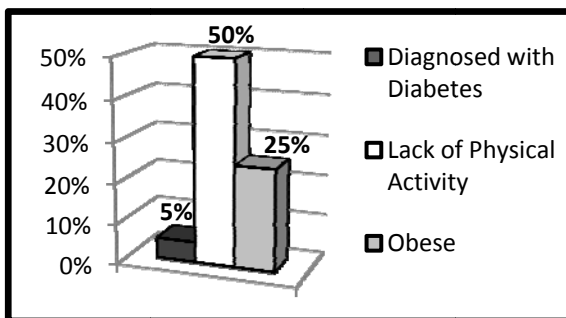
As a result of participation in Spencer County Extension programs:¹

- **1,550** adults or youth improved their ability to make informed and effective decisions.
- **225** people adopted money management practices to reduce debt and/or increase savings .
- **200** 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 Spencer County.

Figure 2. Health Risks.⁸



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

- **125** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **175** people made lifestyle changes to improve physical health.
- **75** 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.