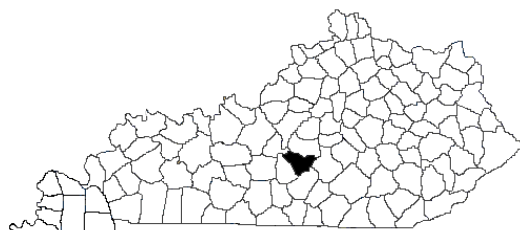


Building Strong Families for Kentucky

..... in Taylor County

Rebecca Nash, 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 Taylor County resulting in strong families for Kentucky. Educational programs focus on:

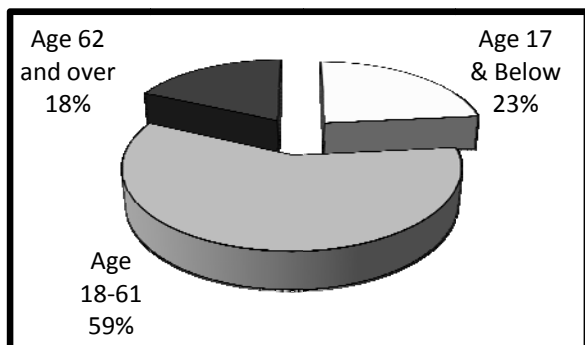
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **12,817** contacts with Taylor County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **22,927**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=22,927)



Spotlight on . . .

Embracing Life as You Age



The FCS Extension program co-hosted an arthritis seminar with Taylor Regional Hospital. A local specialist presented a program and fielded questions from the 82 attendees. Extension Homemakers served foods rich in arthritis fighting nutrients as refreshments. Educational booths included blood pressure monitoring and massage techniques. Nineteen people registered for Mindful Movement, a Get Moving Kentucky program taught three times a week for six weeks. Eight people attended at least 10 sessions and 15 came at least five times. Participants learned to warm up, stretch properly, gradually increase repetitions, walk correctly, lift properly and safely use steps, which improved balance and flexibility.¹

Our Families

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

- **6,543** families reside in the county.
- **932 families (14.2%)** live below poverty level.
- Median family income is **\$33,854**.
- **112** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,698** people in Taylor County receive food stamps. The average family food stamp benefit is **\$206.68** per month.³

In the county, **22** children live in out-of-home care.⁴ In 2004, there were **37** incidents of adult abuse and **66** incidents of child abuse.⁵

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

- **20** people adopted money management practices to reduce debt and/or increase savings.
- **110** people gained knowledge about safe storage, handling, and preparation of food.
- **110** people used safe practices to store, handle, and prepare food.
- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Taylor County was **6%**. This represented an **18%** increase from the September 2007 level of **5.1%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Taylor County, 90-day mortgage delinquency rates have increased by **66%** and **1.39%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **29** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Taylor County, **15%** of the people under age 65 are uninsured.⁹

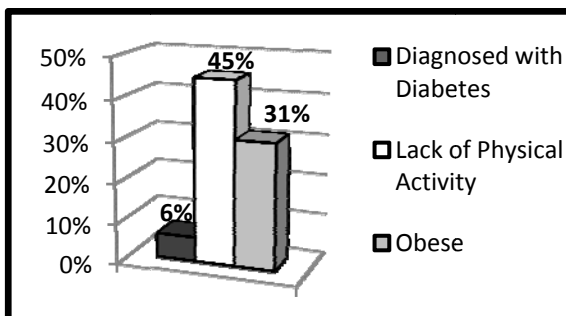
As a result of participation in Taylor County Extension programs:¹

- **93** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **122** people were involved in addressing issues of their community.
- Taylor County Extension is involved in **23** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **320** people gained knowledge and skills to make lifestyle changes to improve their health.
- **102** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **753** people made lifestyle changes to improve physical health.

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.