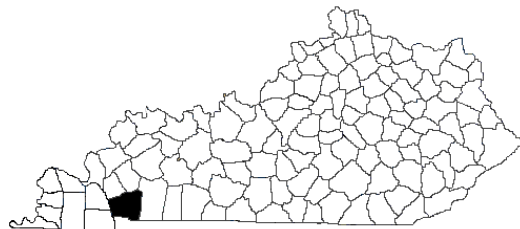


Building Strong Families for Kentucky

..... in Trigg County

(Currently Vacant), 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 Trigg County resulting in strong families for Kentucky. Educational programs focus on:

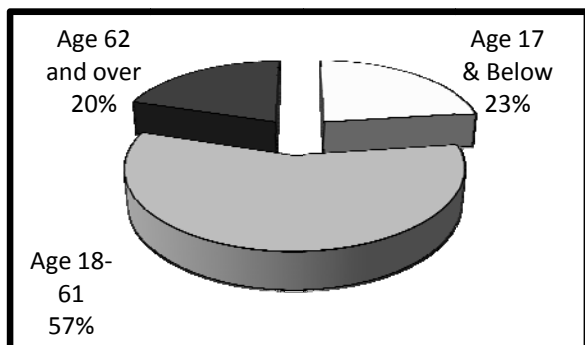
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **6,535** contacts with Trigg County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **12,597**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=12,597)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Nutrition education programs sponsored by Cooperative Extension are held at the Housing Authority community building to reach at risk youth. The participants prepare their own nutritious snacks and lunch and participate in physical activity. The Terrific Tuesdays program is a leader led program for youth 2nd – 8th grade. Once a month a lesson is taught where the kids make food items that are nutritious and tasty. Eighty percent of the youth indicated they have increased physical activity at home; 65% reported they were reading nutrition labels; and 63% were eating more fruits and vegetables.¹

Our Families

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

- **3,774** families reside in the county.
- **333** families (**8.8%**) live below poverty level.
- Median family income is **\$40,886**.
- **109** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,476** people in Trigg County receive food stamps. The average family food stamp benefit is **\$216.14** per month.³

In the county, **7** children live in out-of-home care.⁴ In 2004, there were **14** incidents of adult abuse and **39** incidents of child abuse.⁵

*As a result of participation in Trigg County Extension programs:*¹

- **200** people increased their knowledge and skills related to parenting and personal relationships.
- **210** people gained knowledge about safe storage, handling, and preparation of food.
- **225** 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 Trigg County was **7.7%**. This represented a **71%** increase from the September 2007 level of **4.5%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Trigg County, **0.79%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **18%**.⁷ In a six-month period (May through October 2008), **10** foreclosures were filed.⁸

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

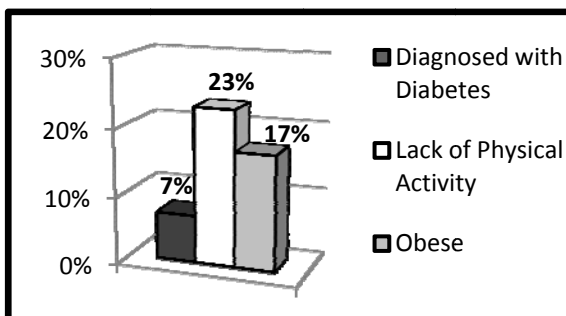
*As a result of participation in Trigg County Extension programs:*¹

- **70** people expanded their knowledge of economic development.
- **350** adults or youth improved their ability to make informed and effective decisions.
- **115** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Trigg County Extension is involved in **12** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



*As a result of participation in Trigg County Extension programs:*¹

- **250** people gained knowledge and skills to make lifestyle changes to improve their health.
- **20** people made lifestyle changes to improve physical health.
- **202** 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.