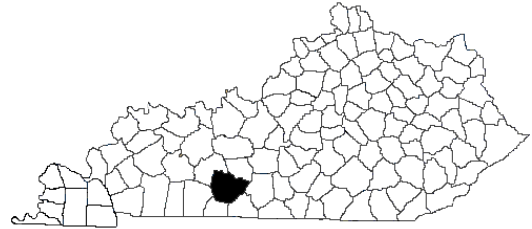


# Building Strong Families for Kentucky

## ..... in Warren County

Betsy Ann Tracy, 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 Warren County resulting in strong families for Kentucky. Educational programs focus on:

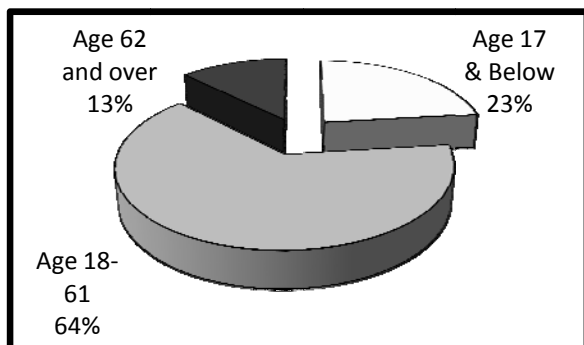
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **12,941** contacts with Warren County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **92,522**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=92,522)



### Spotlight on . . .

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



The FCS agent collaborated with 4-H, Warren County School Systems, and other local business partners to conduct “Get Moving in the Classroom.” Six forty-five minute lessons on physical activity, nutrition education, and healthy lifestyle choices were aligned to KERA Core Content. Teachers received a teacher’s resource guide with all lesson plans and useful resources to facilitate and increase physical activity in the classroom on a daily basis. Based on student surveys, they quickly increased physical activity levels by an average of 35 minutes daily and made positive nutritional selections. At the conclusion of the program, 92% of the students reported that they enjoyed being physically active.<sup>1</sup>

## Our Families

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

- **23,726** families reside in the county.
- **2,559** families (**10.8%**) live below poverty level.
- Median family income is **\$45,142**.
- **878** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **12,472** people in Warren County receive food stamps. The average family food stamp benefit is **\$220.04** per month.<sup>3</sup>

In the county, **319** children live in out-of-home care.<sup>4</sup> In 2004, there were **178** incidents of adult abuse and **309** incidents of child abuse.<sup>5</sup>

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

- **1,722** people increased their knowledge and skills related to parenting and personal relationships.
- **35** adult, dependent, and child care providers increased their care giving knowledge.
- **451** people used safe practices to store, handle, and prepare food.
- **1,355** food stamp eligible or recipient families consumed more fruits and vegetables daily.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Warren County was **5.3%**. This represented a **29%** increase from the September 2007 level of **4.1%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Warren County, 90-day mortgage delinquency rates have increased by **11%** and 60-day bank card delinquency rates have increased by **9%**.<sup>7</sup> In a six-month period (May through October 2008), **73** foreclosures were filed.<sup>8</sup>

Access to health insurance is another important factor contributing to family well-being. In Warren County, **13%** of the people under age 65 are uninsured.<sup>9</sup>

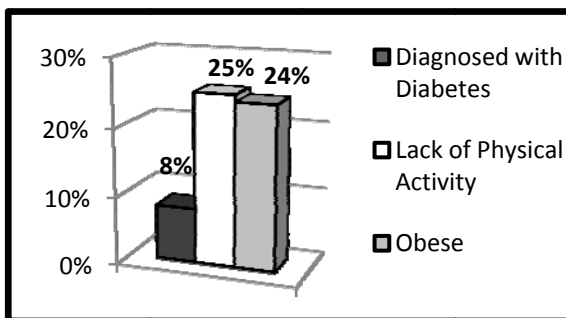
### *As a result of participation in Warren County Extension programs:*<sup>1</sup>

- **1,697** people adopted money management practices to reduce debt and/or increase savings.
- **1,622** adults or youth improved their ability to make informed and effective decisions.
- **578** 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 Warren County.

Figure 2. Health Risks.<sup>9</sup>



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

- **1,526** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **568** people made lifestyle changes to improve physical health.
- **1,096** 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 Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.