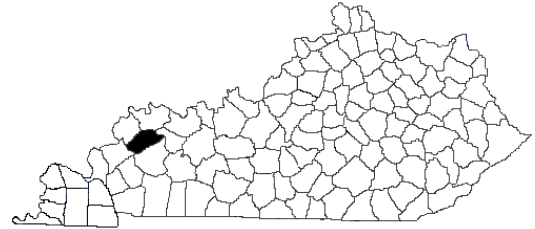


Building Strong Families for Kentucky

..... in Webster 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 Webster County resulting in strong families for Kentucky. Educational programs focus on:

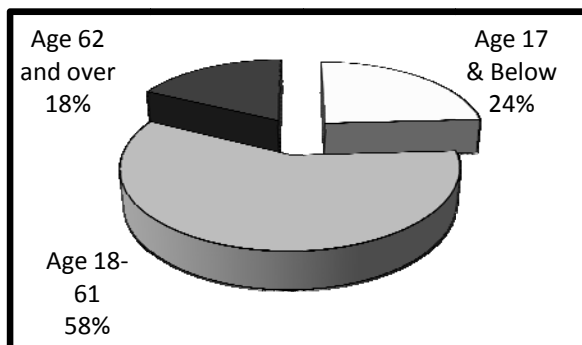
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **3,221** contacts with Webster County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **14,120**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=14,120)



Spotlight on . . .

Making Beneficial Lifestyle Choices



The FCS agent and community partners provided a free diabetes workshop series, “The Healthy Diabetes Plate” for 19 diabetics and their families. A pre and post survey of participants indicated they improved their eating habits. As a result, participants tested blood sugar more often, increased whole grain and high fiber consumption, increased the number of non-starchy vegetables eaten at lunch, and increased the number of servings of 100% fruit or vegetable juice. Participants indicated they learned more from these free sessions than those for which they had paid \$75 -\$100.¹

Our Families

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

- **4,089** families reside in the county.
- **506** families (**12.4%**) live below poverty level.
- Median family income is **\$38,208**.
- **181** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,755** people in Webster County receive food stamps. The average family food stamp benefit is **\$216.36** per month.³

In the county, **39** children live in out-of-home care.⁴ In 2004, there were **16** incidents of adult abuse and **25** incidents of child abuse.⁵

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

- **80** people increased their knowledge and skills related to parenting and personal relationships.
- **25** people adopted money management practices to reduce debt and/or increase savings.
- **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 Webster County was **5.2%**. This represented a **15%** decrease from the September 2007 level of **6.1%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Webster County, 90-day mortgage delinquency rates have increased by **33%** and 60-day bank card delinquency rates have increased by **77%**.⁷

Access to health insurance is another important factor contributing to family well-being. In Webster County, **14%** of the people under age 65 are uninsured.⁸

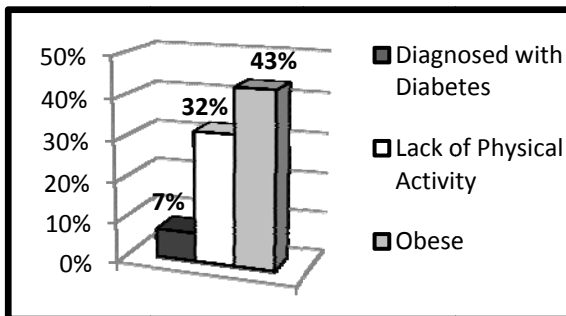
As a result of participation in Webster County Extension programs:¹

- **416** adults or youth improved their ability to make informed and effective decisions.
- **175** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **127** 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 Webster County.

Figure 2. Health Risks.⁸



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

- **3,588** people gained knowledge and skills to make lifestyle changes to improve their health.
- **15** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **3,588** 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 Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.