

ADAIR COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2012



OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Adair County. As the current economic situation continues to create challenges, educational programs focus on:

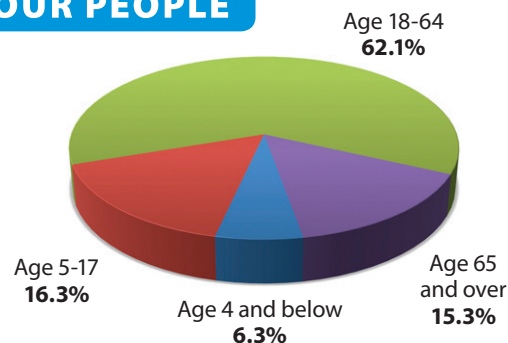
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities.

In 2010-2011, Family and Consumer Sciences Extension made **9,595** contacts with Adair County individuals and families.²

OUR PEOPLE

Population by Age Group¹

The 2010 U.S. Census reported total population in Adair County as **18,656**.¹



SPOTLIGHT ON ...

MAKING HEALTHY LIFESTYLE CHOICES

The Centers for Disease Control and Prevention ranks Kentucky near the bottom nationally for number of people who are physically active. Direct and indirect costs due to high rates of obesity cost the Commonwealth an estimated \$1 billion. To promote the importance of an active lifestyle, UK Family and Consumer Sciences Extension implemented 2nd Sunday. Over 135 friends, neighbors, and church groups walked, biked, rode scooters, and pushed strollers on Indian Drive and Athletic Drive at Adair County Elementary School, with 100% finishing. Participants were also taught bicycle safety and the importance of wearing helmets. As a result, a local church formed a walking group of 30 that has logged 6,332 miles collectively within the last year.

OUR FAMILIES

According to the 2010 Census,¹ of families in Adair County with their own children...

- **70.4%** are husband-wife families
- **29.6%** are single parent families

In addition, there are:

- **7,285** households
- **2,287** households with 1 or more persons under the age of 18
- **313** grandchildren under 18 years old who live with a grandparent householder
- **2,085** households with at least one person age 65 and over



As a result of participation in Adair County Extension programs:²

- **330** people increased knowledge of lifestyle changes to improve personal health.
- **115** people increased knowledge of parenting and personal relationships.
- **300** people increased knowledge of safe storage, handling and food preparation.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Adair County was **\$29,200**.³

The number of children in poverty in Adair County was **1,325** compared to **1,313** in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Adair County is **3,715** in 2011.⁴

As a result of participation in Adair County Extension programs:²

- **555** people increased leadership knowledge and skills.
- **430** people improved communication skills to address community issues.
- **217** people were involved in addressing issues of their community.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Adair County it is estimated that...

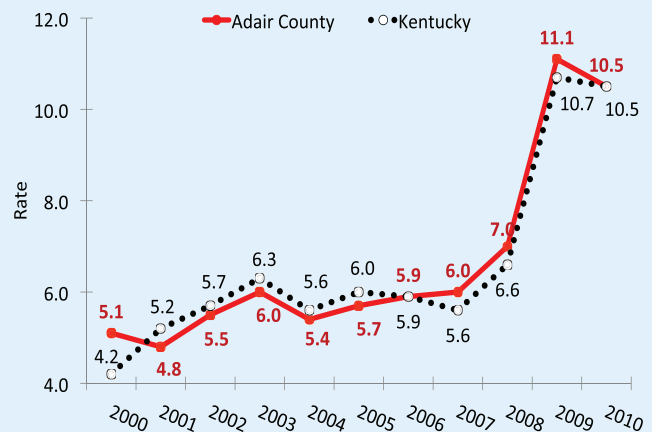
- **45.2%** (+/- **5.1**) are married-couple families with both husband and wife in the labor force
- **74.7%** (+/- **9.8**) are children under 6 years old with all parents in the labor force
- **29.4%** (+/- **7**) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Adair County Extension programs:²

- **1,050** people increased knowledge of economic and enterprise development.
- **320** people adopted money management practices to reduce debt and increase savings.
- **1,150** people demonstrated increased practical living skills.

Average Annual Unemployment Rate⁵

(not seasonally adjusted)



SOURCES

- ¹ U.S. Census Bureau, 2010 Decennial Census.
- ² Kentucky Cooperative Extension Service, Impact Reporting, FY2011.
- ³ U.S. Census Bureau, Small Area Income and Poverty Estimates.
- ⁴ Kentucky Cabinet for Health and Family Services, Databook, June 2011.
- ⁵ Bureau of Labor Statistics, Local Area Unemployment Statistics.
- ⁶ U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.