

## CLINTON 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 Clinton County. As the current economic situation continues to create challenges, educational programs focus on:

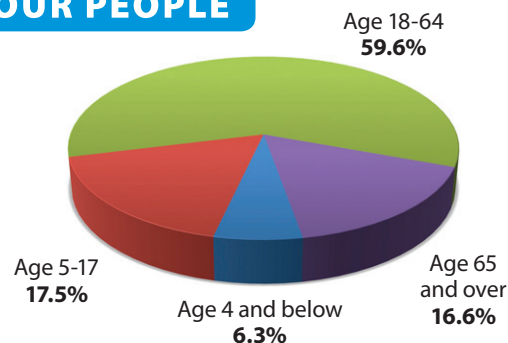
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **19,899** contacts with Clinton County individuals and families.<sup>2</sup>

### OUR PEOPLE

#### Population by Age Group<sup>1</sup>

The 2010 U.S. Census reported total population in Clinton County as **10,272**.<sup>1</sup>



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

According to Kentucky Institute of Medicine's 2007 "The Health of Kentucky: A County Assessment," 29% of Clinton County adults lack physical activity; 16% are obese; and 13% have diabetes. In response, Clinton County Extension Service and Health Coalition sponsored "Big Blue Shape-Up," which teaches nutrition and exercise. A weekly weigh-in was followed by lessons on label reading, portion control, menu planning and wise spending. After the program participants reported saving an average of \$21 per week on groceries. 53% reported planning and preparing more meals at home. Evaluation comments included: "I am more aware of weight and healthy eating," "My son will always remember the diabetes-sugar talk," and "I like having accountability." 62 participants lost a total of 259.1 pounds.

## OUR FAMILIES

According to the 2010 Census,<sup>1</sup> of families in Clinton County with their own children...

- **66.4%** are husband-wife families
- **33.6%** are single parent families

**In addition, there are:**

- **4,358** households
- **1,339** households with 1 or more persons under the age of 18
- **215** grandchildren under 18 years old who live with a grandparent householder
- **1,279** households with at least one person age 65 and over



### As a result of participation in Clinton County Extension programs:<sup>2</sup>

- **4,801** people increased knowledge of lifestyle changes to improve personal health.
- **1,647** people increased knowledge of parenting and personal relationships.
- **1,005** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Clinton County was **\$25,776**.<sup>3</sup>

The number of children in poverty in Clinton County was **853** compared to **856** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Clinton County is **2,864** in 2011.<sup>4</sup>

### As a result of participation in Clinton County Extension programs:<sup>2</sup>

- **862** people increased leadership knowledge and skills.
- **3,967** people improved communication skills to address community issues.
- **171** people developed skills to access affordable food.

## OUR ECONOMY

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

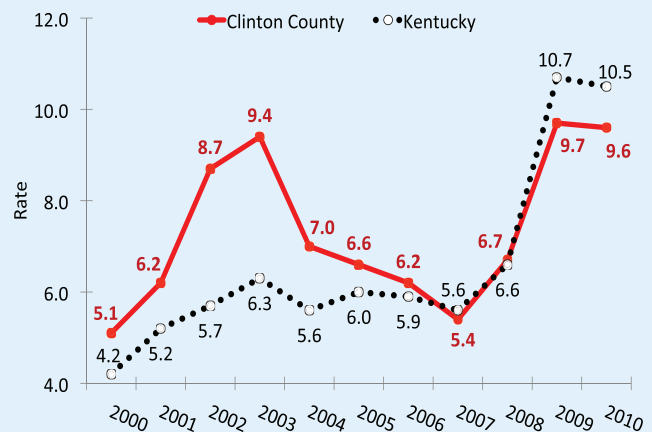
- **43%** (+/- **8.2**) are married-couple families with both husband and wife in the labor force
- **46.6%** (+/- **15.6**) are children under 6 years old with all parents in the labor force
- **29.5%** (+/- **9.8**) are people 65 years and over below poverty level during the past 12 months

### As a result of participation in Clinton County Extension programs:<sup>2</sup>

- **44** people increased knowledge of economic and enterprise development.
- **632** people adopted money management practices to reduce debt and increase savings.
- **2,039** people demonstrated increased practical living skills.

### Average Annual Unemployment Rate<sup>5</sup>

(not seasonally adjusted)



#### SOURCES

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