

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

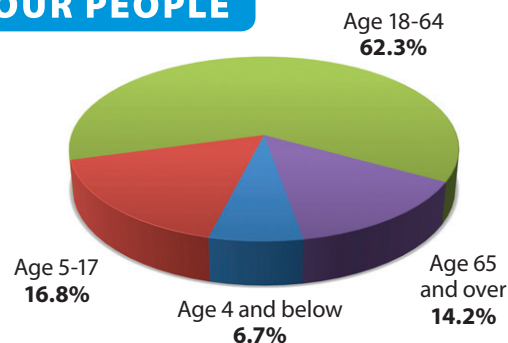
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **3,266** contacts with Henderson 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 Henderson County as **46,250**.<sup>1</sup>



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

**C**ardiovascular disease is the leading cause of death in Kentucky. Henderson County Family and Consumer Sciences Agent, with Methodist Hospital, Green River District Health Department, and "The Gleaner" newspaper, hosted the second "Shades of Red," an event to raise awareness of the signs and symptoms of heart disease in women. 140 participants listened to a local cardiologist and watched a fashion show featuring women affected by heart disease. Written evaluations of the event revealed 95% had been inspired to change health behaviors and planned to take better care of heart health. A survey taken one year later showed that 30% had changed exercise programs, 90% had regular checkups, and 70% had changed eating habits.

## OUR FAMILIES

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

- **63.8%** are husband-wife families
- **36.2%** are single parent families

In addition, there are:

- **18,705** households
- **5,999** households with 1 or more persons under the age of 18
- **1,043** grandchildren under 18 years old who live with a grandparent householder
- **4,769** households with at least one person age 65 and over



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

- **125** people increased knowledge of lifestyle changes to improve personal health.
- **31** adults and youth improved their ability to make informed and effective decisions.
- **247** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Henderson County was **\$42,438**.<sup>3</sup>

The number of children in poverty in Henderson County was **2,749** compared to **2,128** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Henderson County is **8,583** in 2011.<sup>4</sup>

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

- **87** people increased leadership knowledge and skills.
- **70** people improved communication skills to address community issues.
- **96** additional people are ready to enter the work force.

## OUR ECONOMY

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

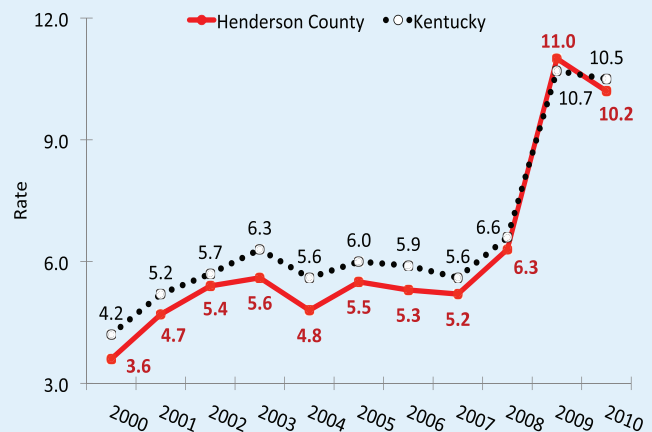
- **52.5%** (+/- **2.5**) are married-couple families with both husband and wife in the labor force
- **63.9%** (+/- **7**) are children under 6 years old with all parents in the labor force
- **8.3%** (+/- **2.4**) are people 65 years and over below poverty level during the past 12 months

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

- **61** people increased knowledge of economic and enterprise development.
- **69** people adopted money management practices to reduce debt and increase savings.
- **321** 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.