

## ROWAN COUNTY

Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2012



### OUR FOCUS

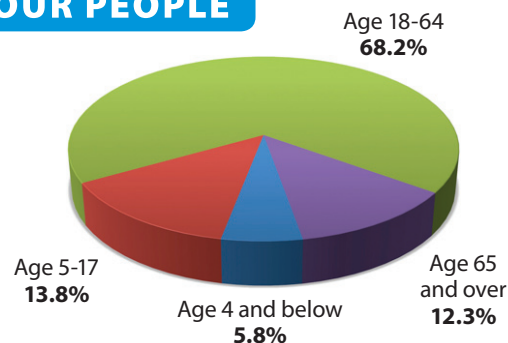
Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Rowan County. As the current economic situation continues to create challenges, educational programs focus on:

- **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.

### OUR PEOPLE

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

The 2010 U.S. Census reported total population in Rowan County as **23,333**.<sup>1</sup>



### SPOTLIGHT ON ...

## ACCESSING NUTRITIOUS FOODS

The Rowan County Cooperative Extension Service is committed to providing nutrition education programs that provide low income families and individuals with useful, actionable information. The goals of programs are to educate limited resource families with young children and SNAP-Ed clientele to plan nutritious meals on a limited budget, acquire safe food handling practices including improved hand-washing skills, food preparation skills and change shopping, eating, and physical activity behaviors to encourage greater health and reduced risk of chronic diseases related to obesity and overweight. As a result of these programs, 475 people were encouraged to access nutritious foods at local farmer's markets and 1481 youth were taught the basics of making nutritious food choices.

## OUR FAMILIES

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

- **65.7%** are husband-wife families
- **34.3%** are single parent families

**In addition, there are:**

- **8,864** households
- **2,608** households with 1 or more persons under the age of 18
- **337** grandchildren under 18 years old who live with a grandparent householder
- **2,130** households with at least one person age 65 and over



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

- **400** people increased knowledge of lifestyle changes to improve personal health.
- **20** people increased knowledge of parenting and personal relationships.
- **460** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Rowan County was **\$33,081**.<sup>3</sup>

The number of children in poverty in Rowan County was **1,348** compared to **1,169** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Rowan County is **4,954** in 2011.<sup>4</sup>

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

- **40** people increased leadership knowledge and skills.
- **20** people improved communication skills to address community issues.
- **15** 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 Rowan County it is estimated that...

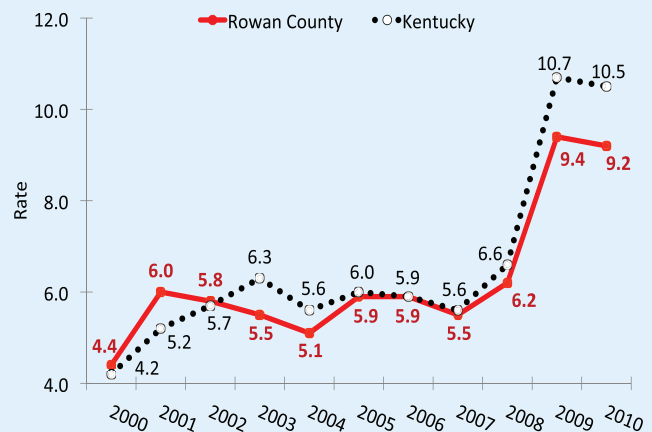
- **50.4%** (+/- **5.5**) are married-couple families with both husband and wife in the labor force
- **58.9%** (+/- **12.9**) are children under 6 years old with all parents in the labor force
- **21.2%** (+/- **6.7**) are people 65 years and over below poverty level during the past 12 months

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

- **175** people increased knowledge of economic and enterprise development.
- **335** people adopted money management practices to reduce debt and increase savings.
- **360** 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.