

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

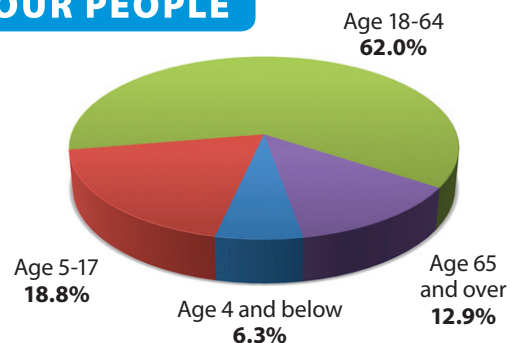
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **12,303** contacts with Trimble 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 Trimble County as **8,809**.<sup>1</sup>



### SPOTLIGHT ON ...

## MAKING HEALTHY LIFESTYLE CHOICES

**D**iabetes, overweight and obese adults and children, low household savings rates, and high household debt are increasing problems for society. To address these issues, "Small Steps to Health and Wealth," a series of eight weekly sessions, was offered by Trimble County Family and Consumer Sciences Agent. Topics included learning to monitor behavior, consumer protection, couponing, tasting new foods, and eating appropriate serving sizes. One month follow-up evaluations indicated that 65% of the participants tried new foods; 90% drink more water; 60% walk at least five days a week; 95% have become savvier shoppers. All said they were inspired and motivated to make small positive changes that made a difference.

## OUR FAMILIES

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

- **71.2%** are husband-wife families
- **28.8%** are single parent families

**In addition, there are:**

- **3,420** households
- **1,202** households with 1 or more persons under the age of 18
- **215** grandchildren under 18 years old who live with a grandparent householder
- **832** households with at least one person age 65 and over



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

- **235** people increased knowledge of lifestyle changes to improve personal health.
- **355** people increased knowledge of parenting and personal relationships.
- **65** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Trimble County was **\$45,767**.<sup>3</sup>

The number of children in poverty in Trimble County was **456** compared to **421** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Trimble County is **1,696** in 2011.<sup>4</sup>

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

- **305** people increased leadership knowledge and skills.
- **75** people improved communication skills to address community issues.
- **61** 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 Trimble County it is estimated that...

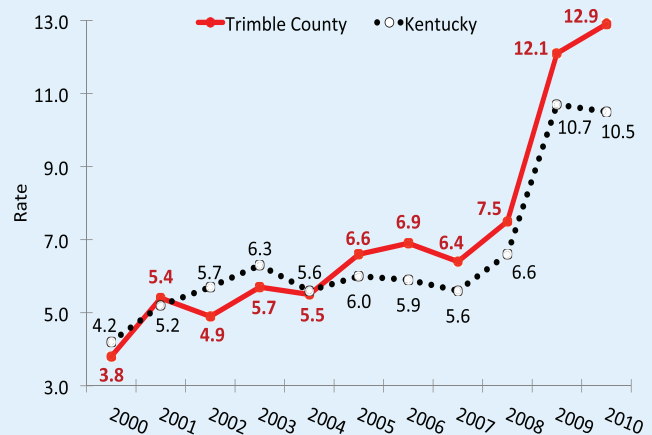
- **49.3%** (+/- **7.1**) are married-couple families with both husband and wife in the labor force
- **72.9%** (+/- **13.9**) are children under 6 years old with all parents in the labor force
- **10.7%** (+/- **4.9**) are people 65 years and over below poverty level during the past 12 months

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

- **11** people increased knowledge of economic and enterprise development.
- **375** people adopted money management practices to reduce debt and increase savings.
- **355** 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.