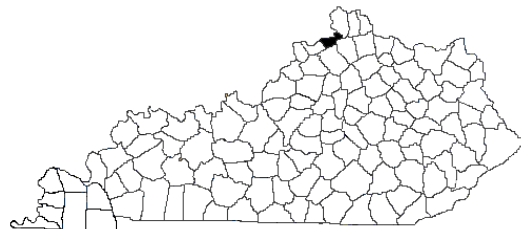


Building Strong Families for Kentucky

..... in Gallatin County

Rosie Allen, County Extension Agent,
Family and Consumer Sciences



Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Gallatin County resulting in strong families for Kentucky. Educational programs focus on:

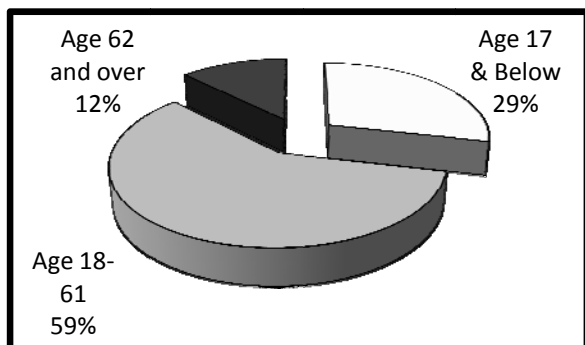
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **37,433** contacts with Gallatin County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **7,870**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=7,870)



Spotlight on . . .

Nurturing Families



“Home Is Where the Health Is” is a program that integrates tips on creating “family glue” (family communication and bonding, positive discipline techniques, and parent self-care) with ideas for good nutrition practices, healthy life styles, and active family play. Family meal time is a particular emphasis. This program was taught by the FCS agent to groups of limited resource parents, grandparents, and other primary caregivers of younger children in a two session series format. Program participants reported that 95% made an effort to eat more family meals together, 91% tried to set a better example for their children, and 86% practiced better portion control at meals.¹

Our Families

Using data from the 2000 U.S. Census, Gallatin County families can be described as follows:²

- **2,154** families reside in the county.
- **249** families (**11.6%**) live below poverty level.
- Median family income is **\$41,136**.
- **48** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **1,307** people in Gallatin County receive food stamps. The average family food stamp benefit is **\$253.14** per month.³

In the county, **6** children live in out-of-home care.⁴ In 2004, there were **7** incidents of adult abuse and **19** incidents of child abuse.⁵

As a result of participation in Gallatin County Extension programs:¹

- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- **65** people increased their knowledge and skills related to parenting and personal relationships.
- **45** people adopted money management practices to reduce debt and/or increase savings.
- **60** people used safe practices to store, handle and prepare food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Gallatin County was **6.1%**. This represented a **7%** increase from the September 2007 level of **5.7%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Gallatin County, 90-day mortgage delinquency rates have increased by **243%** and 60-day bank card delinquency rates have increased by **5%**.⁷ In a six-month period (May through October 2008), **59** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Gallatin County, **14%** of the people under age 65 are uninsured.⁹

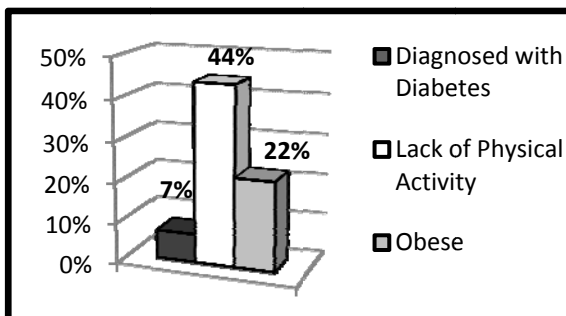
As a result of participation in Gallatin County Extension programs:¹

- **40** citizens enhanced their leadership skills by participation in leadership programs.
- **100** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Gallatin County Extension is involved in **10** community coalitions.

Our Health

The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Gallatin County.

Figure 2. Health Risks.⁹



As a result of participation in Gallatin County Extension programs:¹

- **48** people made lifestyle changes to improve physical health.
- **60** people implemented new practices to maintain health and well-being.
- **125** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

Sources

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

² U.S. Bureau of the Census, Census 2000.

³ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁵ Kentucky Department for Public Health, County Health Priorities, 2004.

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.