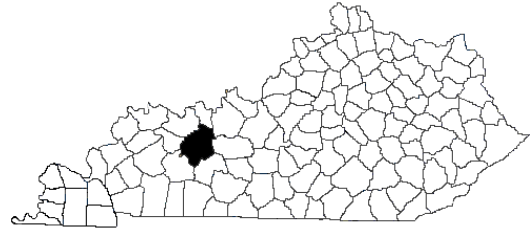


# Building Strong Families for Kentucky

## ..... in Ohio County

Judy Burns, 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 Ohio County resulting in strong families for Kentucky. Educational programs focus on:

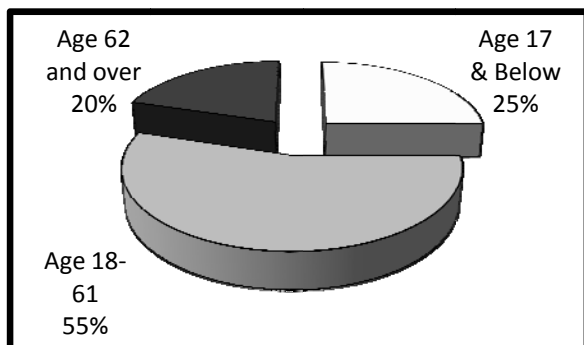
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **8,692** contacts with Ohio County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **22,916**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=22,916)



### Spotlight on . . .

## ***Making Beneficial Lifestyle Choices***



The FCS Extension More Matters Challenge Program reached a total of 350 students and 350 parents in an effort to increase fruit and vegetable consumption. This four week educational series taught the importance of fruits and vegetables in the diet and tracked consumption through a classroom challenge competition. Nearly 50% of the students returned challenge forms each week. The first week, students reported eating an average of 20 serving of fruits and vegetables a week. By the third week, they were reporting an average of 32.5 servings of fruits and vegetables. Teachers reported seeing more fruit snacks sent to school instead of cookies and candy.<sup>1</sup>

## Our Families

Using data from the 2000 U.S. Census, Ohio County families can be described as follows:<sup>2</sup>

- **6,615** families reside in the county.
- **919** families (**13.9%**) live below poverty level.
- Median family income is **\$34,970**.
- **213** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,179** people in Ohio County receive food stamps. The average family food stamp benefit is **\$219.53** per month.<sup>3</sup>

In the county, **49** children live in out-of-home care.<sup>4</sup> In 2004, there were **48** incidents of adult abuse and **133** incidents of child abuse.<sup>5</sup>

### *As a result of participation in Ohio County Extension programs:*<sup>1</sup>

- **80** people increased their knowledge and skills related to parenting and personal relationships.
- **40** adult, dependent, and child care providers increased their care giving knowledge.
- **75** people adopted money management practices to reduce debt and/or increase savings.
- **540** people gained knowledge about safe storage, handling, and preparation of food.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Ohio County was **6.7%**. This represented a **37%** increase from the September 2007 level of **4.9%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Ohio County, 90-day mortgage delinquency rates have increased by **29%** and 60-day bank card delinquency rates have increased by **6%**.<sup>7</sup> In a six-month period (May through October 2008), **26** foreclosures were filed.<sup>8</sup>

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

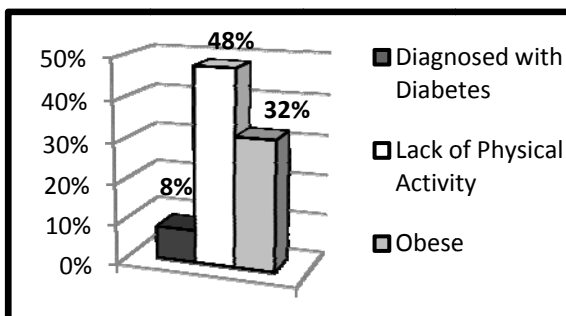
### *As a result of participation in Ohio County Extension programs:*<sup>1</sup>

- **30** people expanded their knowledge of economic development.
- **1,211** adults or youth improved their ability to make informed and effective decisions.
- **225** people were involved in addressing issues of their community.
- Ohio County Extension is involved in **45** community coalitions.

## Our Health

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

Figure 2. Health Risks.<sup>9</sup>



### *As a result of participation in Ohio County Extension programs:*<sup>1</sup>

- **320** people gained knowledge and skills to make lifestyle changes to improve their health.
- **425** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **600** people implemented new practices to maintain their health and well-being.

### Sources

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

<sup>2</sup> U.S. Bureau of the Census, Census 2000.

<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>5</sup> Kentucky Department for Public Health, County Health Priorities, 2004.

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2008.

<sup>8</sup> Kentucky Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.