



## WARREN COUNTY

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 Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY

## OUR FOCUS

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

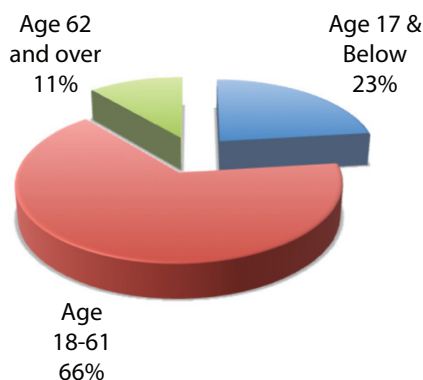
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **15,257** contacts with Warren County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=92,522)

► 2008 estimates from the 2000 U.S. Census reported total population as **92,522**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

**T**o combat the problem of obesity in Warren County, our Family and Consumer Sciences agent offered an eight-week program utilizing the University of Kentucky's "Weight, The Reality Series" curriculum. Thirteen adult participants attended a weekly night class that included a demonstration of a healthy recipe and some form of physical activity. A nutrition-related presentation was also given. Participants began the class by privately measuring their waistlines, weighing in and recording their information in a personal folder. They also had many opportunities to share their successes through the program and build a support system that helped individuals reach their goals. At the end of the journey, the group was 69 pounds lighter and had lost 28.5 inches off of their waistlines.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Warren County was **11.1%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Warren County, **2.38%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.83%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **353** foreclosures were filed.<sup>5</sup>

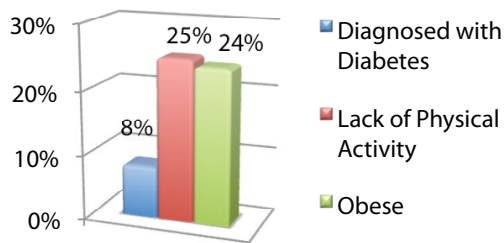
Access to health insurance is another important factor contributing to family well-being. In Warren County, **13%** of the people under age 65 are uninsured.<sup>6</sup>

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

- **306** people were involved in addressing issues of their community.
- **105** people increased their knowledge of governmental process.
- **280** people expanded their knowledge of economic development.

## OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Warren County.  
*Figure 2. Health Risks.*<sup>6</sup>



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

- **1,259** people increased knowledge of practices to maintain health and well-being.
- **380** people increase knowledge of safe practices to store, handle, and prepare food.
- **1,467** people implemented practices to maintain health and well-being.

## OUR FAMILIES

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

- **23,427** families reside in the county.
- **2,559** families (**10.8%**) live below poverty level.
- Median family income is **\$45,142**.
- **878** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **5,625** people in Warren County receive food stamps. The average family food stamp benefit is **\$220.04** per month.<sup>7</sup>

In the county, **319** children live in out-of-home care.<sup>8</sup>

In 2005, there were **490** incidents of adult abuse and **449** incidents of child abuse.<sup>9</sup>

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

- **2,833** adults and youth improved their ability to make informed and effective decisions.
- **2,610** people adopted money management practices to reduce debt and/or increase savings.
- **102** people increased their knowledge and skills related to parenting and personal relationships.

### SOURCES

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2009.

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

<sup>3</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, August 2009.

<sup>4</sup> TransUnion LLC., Trend Data, Quarter 1 2009.

<sup>5</sup> Kentucky Administrative Office of the Courts, November, 2009.

<sup>6</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

<sup>7</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>8</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>9</sup> Kentucky Department for Public Health, County Health Priorities, 2004.