Building Strong Families for Kentucky

. . . . . in Letcher County
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Family and Consumer Sciences

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Letcher 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 8,728 contacts with Letcher County families during 2007-2008.¹

Our People
The 2000 U.S. Census reported total population as 25,277.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=25,277)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>61 and over</td>
<td>15%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>61%</td>
</tr>
<tr>
<td>Age 17 &amp; Below</td>
<td>24%</td>
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Spotlight on . . .
Making Beneficial Lifestyle Choices

Diabetes is a very common health problem in the local area, but it is generally manageable with the proper diet, health practices, and medications. A “Diabetics Can Party, Too” cooking school was planned by the FCS agent and the District Health Department dietitian to show there are delicious foods that will fit the guidelines of the diabetic health plan, but still be more “party-like.” Approximately 100 participants attended the 4 events with 54 participants from Letcher County. The committee members shared nutrition and food preparation information, health tips, and prepared and served 7 recipes of a variety of foods.¹
Our Families
Using data from the 2000 U.S. Census, Letcher County families can be described as follows:2
- 7,467 families reside in the county.
- 1,769 families (23.7%) live below poverty level.
- Median family income is $24,869.
- 239 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 6,652 people in Letcher County receive food stamps. The average family food stamp benefit is $202.79 per month.3

In the county, 104 children live in out-of-home care.4
In 2004, there were 72 incidents of adult abuse and 235 incidents of child abuse.5

As a result of participation in Letcher County Extension programs:1
- 287 people adopted money management practices to reduce debt and/or increase savings.
- 165 people gained knowledge about safe storage, handling, and preparation of food.
- 92 people used safe practices to store, handle, and prepare food.
- 92% of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

Our Community
Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Letcher County was 7.2%. This represented a 3% decrease from the September 2007 level of 7.4%. 6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Letcher County, 90-day mortgage delinquency rates have increased by 79% and 60-day bank card delinquency rates have increased by 16%.7

Access to health insurance is another important factor contributing to family well-being. In Letcher County, 16% of the people under age 65 are uninsured.8

As a result of participation in Letcher County Extension programs:1
- 995 adults or youth improved their ability to make informed and effective decisions.
- 224 citizens enhanced their leadership skills by participating in leadership programs.
- Letcher County Extension is involved in 49 community coalitions.

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

Figure 2. Health Risks.8

As a result of participation in Letcher County Extension programs:1
- 650 people gained knowledge and skills to make lifestyle changes to improve their health.
- 208 people implemented new practices to maintain their health and well-being.
- 470 people made lifestyle changes to improve physical health.

Sources
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.
7 TransUnion LLC., Trend Data, Quarter 1.2008.
8 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.