Building Strong Families for Kentucky

...in Logan County

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Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Logan 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 6,839 contacts with Logan County families during 2007-2008.1

Our People
The 2000 U.S. Census reported total population as 26,573.2 The graph below indicates the percentage by age group.

Figure 1. Population by Age Group2 (n=26,573)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 17 &amp; Below</td>
<td>26%</td>
</tr>
<tr>
<td>Age 18-61</td>
<td>58%</td>
</tr>
<tr>
<td>Age 62 and over</td>
<td>16%</td>
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</tbody>
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Spotlight on . . .

Making Beneficial Lifestyle Choices

The Literacy, Eating, and Activity for Preschoolers for Health (LEAP) Program focuses on teaching children the importance of proper nutrition through literacy. This program was presented to 45 children enrolled in the Head Start program. Of the participants, 100% of children enjoyed reading the books and tasting new recipes, 89% learned about new foods, 91% learned about the benefits of eating a good diet, and 84% learned about foods grown in a garden and how to grow a garden. The children learned through the reading of the children’s books, seeing demonstrations using the recipes, and tasting the food prepared.1
Our Families
Using data from the 2000 U.S. Census, Logan County families can be described as follows:1
- 7,603 families reside in the county.
- 819 families (10.8%) live below poverty level.
- Median family income is $39,307.
- 313 grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, 3,720 people in Logan County receive food stamps. The average family food stamp benefit is $210.93 per month.3

In the county, 77 children live in out-of-home care.4 In 2004, there were 17 incidents of adult abuse and 35 incidents of child abuse.5

As a result of participation in Logan County Extension programs:1
- 150 adult, dependent, and child care providers increased their care giving knowledge.
- 130 people used safe practices to store, handle, and prepare food.
- 100% of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- 150 people increased their knowledge and skills related to parenting and personal relationships.

Our Community
Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Logan County was 6.3%. This represented a 21% increase from the September 2007 level of 5.2%.6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Logan County, 90-day delinquency rates have increased by 177% and 1.52% of bank cards are 60-days delinquent.7 In a six-month period (May through October 2008), 3 foreclosures were filed.8

Access to health insurance is another important factor contributing to family well-being. In Logan County, 13% of the people under age 65 are uninsured.9

As a result of participation in Logan County Extension programs:1
- 800 people adopted money management practices to reduce debt and/or increase savings.
- 120 adults or youth improved their ability to make informed and effective decisions.
- 60 citizens enhanced their leadership skills by participating in leadership programs.

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

Figure 2. Health Risks.9

As a result of participation in Logan County Extension programs:1
- 130 people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- 1,817 people made lifestyle changes to improve physical health.
- 210 people implemented new practices to maintain their health and well-being.

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