



ELLIOTT 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 Elliott County resulting in strong families for Kentucky. Educational programs focus on:

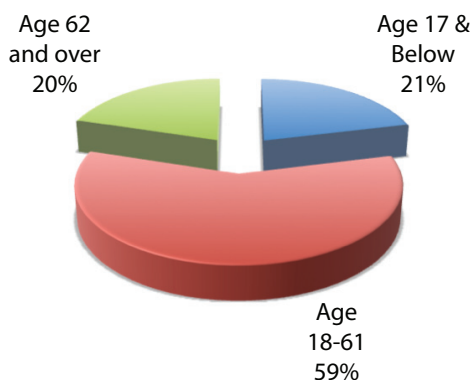
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **9,416** contacts with Elliott County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=6,748)

► 2008 estimates from the 2000 U.S. Census reported total population as **6,748**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Obesity and its related conditions, especially diabetes, is one of the major health issues in Elliott County. This year, in addition to offering the "Dining With Diabetes" program, we offered "Cooking School with Chef Bob" to address the problem. We limited the four-night cooking school to 20 people. Participants ranged in age from 11 to 82 years and, through hands-on activities, learned to preserve foods, to judge portion size using the plate method, to calculate their calorie needs and prepare foods using the My Pyramid food guide to adapt recipes to make them more nutritious, and to cook with herbs and spices. In an evaluation afterward, participants rated it as the best program they had attended.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Elliott County was **13%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Elliott County, **2.86%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **1.20%**.⁴ In a one-year period (October 2008 through October 2009), **6** foreclosures were filed.⁵

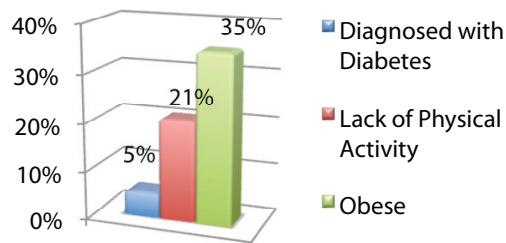
Access to health insurance is another important factor contributing to family well-being. In Elliott County, **18%** of the people under age 65 are uninsured.⁶

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

- **113** people were involved in addressing issues of their community.
- **143** people increased their knowledge of governmental process.
- **25** 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 Elliott County.
*Figure 2. Health Risks.*⁶



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

- **247** people increased knowledge of practices to maintain health and well-being.
- **133** people made lifestyle changes to improve health.
- **177** people increased knowledge of safe practices to store, handle, and prepare food.

OUR FAMILIES

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

- **1,926** families reside in the county.
- **400** families (**20.8%**) live below poverty level.
- Median family income is **\$27,125**.
- **82** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **896** people in Elliott County receive food stamps. The average family food stamp benefit is **\$207.60** per month.⁷

In the county, **14** children live in out-of-home care.⁸

In 2005, there were **6** incidents of adult abuse and **62** incidents of child abuse.⁹

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

- **318** adults and youth improved their ability to make informed and effective decisions.
- **292** people increased their knowledge and skills related to parenting and personal relationships.
- **40** adult or child care providers increased their knowledge and skills related to age appropriate care.

SOURCES

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2009.

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

³ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, August 2009.

⁴ TransUnion LLC., Trend Data, Quarter 1 2009.

⁵ Kentucky Administrative Office of the Courts, November, 2009.

⁶ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

⁷ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁸ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁹ Kentucky Department for Public Health, County Health Priorities, 2004.