

**ESTILL COUNTY**

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

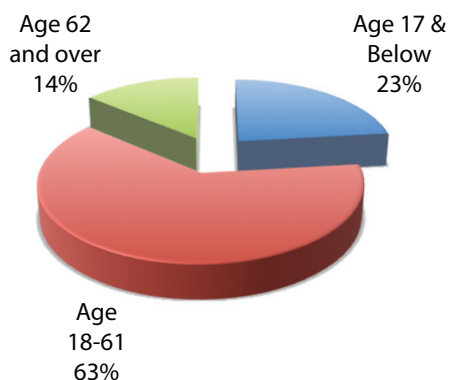
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **5,067** contacts with Estill County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=15,307)

► 2008 estimates from the 2000 U.S. Census reported total population as **15,307**.² The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

ACCESSING NUTRITIOUS FOOD

The Estill County Nutrition Education Program taught 36 limited-resource families how to serve more nutritious meals, to keep foods safe and to utilize local food resources effectively. As a result, 100 percent of those families made improvements in the nutritional quality of their diets. By planning meals using the My Pyramid food guide, considering healthy choices and using the Nutrition Facts label, 74 percent of graduate families said they had consumed a higher quality diet. Eighty-four percent reported that they had learned to plan meals ahead of time and use a grocery list to guide food selections. Furthermore, 64 percent increased their frequency of moderate physical activity for 30 minutes per day, 100 percent began feeding their children breakfast and 52 percent demonstrated an improvement in safe food handling practices and hand washing behavior.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Estill County was **13.4%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Estill County, **2.60%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.69%**.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 Estill County, **15%** of the people under age 65 are uninsured.⁶

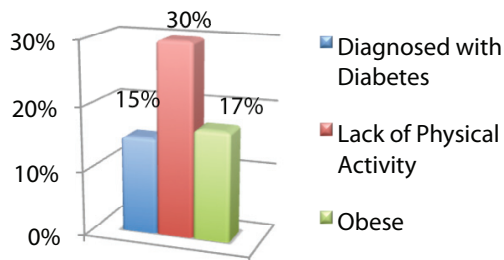
As a result of participation in Estill County Extension programs:¹

- **440** people were involved in addressing issues of their community.
- **340** people were involved in working with government in addressing significant community issues.
- **175** 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 Estill County.

Figure 2. Health Risks.⁶



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

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

OUR FAMILIES

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

- **4,432** families reside in the county.
- **1,002** families (**22.5%**) live below poverty level.
- Median family income is **\$27,284**.
- **138** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,958** people in Estill County receive food stamps. The average family food stamp benefit is **\$219.47** per month.⁷

In the county, **32** children live in out-of-home care.⁸

In 2005, there were **42** incidents of adult abuse and **37** incidents of child abuse.⁹

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

- **200** people adopted money management practices to reduce debt and/or increase savings.
- **340** people increased their knowledge and skills related to parenting and personal relationships.
- **250** 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.