



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

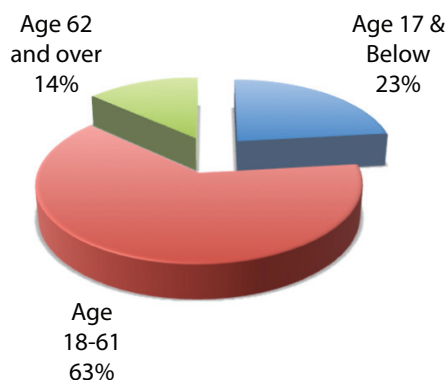
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **6,766** contacts with Lewis County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=14,092)

► 2008 estimates from the 2000 U.S. Census reported total population as **14,092**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

PROMOTING HEALTHY HOMES AND COMMUNITIES

Like other Family and Consumer Sciences programs in the Buffalo Trace Area, the Lewis County program has received numerous requests for information about “living green.” We joined forces with the four other programs to conduct the Living Green Awareness Exhibit at a regional event. Goals included identifying the participation rate of area citizens in recycling, promoting resource management and other environmentally sound practices and identifying educational needs. In a survey of the 42 Lewis County Homemakers who attended, we found that 88 percent of them recycle, 80 percent grow a garden, 97 percent turn off lights when not in use and 60 percent use Energy Star ratings when selecting appliances. However, only 7 percent use reusable shopping bags, a practice we are now targeting with our education efforts.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Lewis County was **15.3%**.³

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lewis County, **3.40%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.96%**.⁴

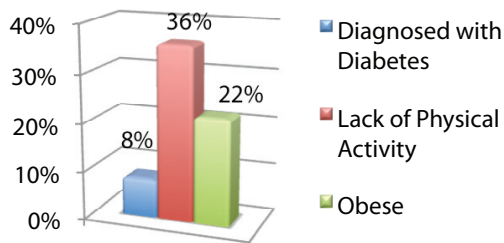
Access to health insurance is another important factor contributing to family well-being. In Lewis County, **18%** of the people under age 65 are uninsured.⁵

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

- **45** people were involved in addressing issues of their community.
- **200** joint programs with community partners focused on comprehensive health maintenance.
- Lewis County Extension is involved in **6** community coalitions.

OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Lewis County.
*Figure 2. Health Risks.*⁵



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

- **526** people increased knowledge of practices to maintain health and well-being.
- **730** people increase knowledge of safe practices to store, handle, and prepare food.
- **50** people developed skills to access affordable food.

OUR FAMILIES

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

- **4,049** families reside in the county.
- **954** families (**23.5%**) live below poverty level.
- Median family income is **\$26,109**.
- **126** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,537** people in Lewis County receive food stamps. The average family food stamp benefit is **\$234.62** per month.⁶

In the county, **42** children live in out-of-home care.⁷

In 2005, there were **26** incidents of adult abuse and **58** incidents of child abuse.⁸

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

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

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

⁶ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁷ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁸ Kentucky Department for Public Health, County Health Priorities, 2004.