



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

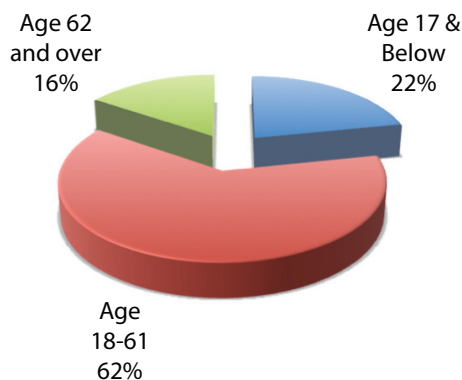
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **29,558** contacts with Owsley County families during 2008-2009.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=4,858)

► 2008 estimates from the 2000 U.S. Census reported total population as **4,858**.² The graph on the right indicates the percentage by age group.



SPOTLIGHT ON...

ACCESSING NUTRITIOUS FOOD

Less than 85 percent of adults living in Lee and Owsley counties eat five or more servings of fruits and vegetables per day and more than 40 percent report no leisure-time physical activity. As a result, these counties are among those in Kentucky with the highest incidence of adult obesity. What's more, the child poverty rate in these counties averages 43.7 percent. With this in mind, the Owsley and Lee county Family and Consumer Sciences programs developed the Food Stamp Nutrition Education Program (FSNEP) project to increase fruit and vegetable consumption and physical activity. The project targeted kindergarten through third-grade students and their families. Pre- and post-evaluations were conducted, and a substantial increase was noted in fruit and vegetable consumption and physical activity.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Owsley County was **11.9%**.³

There was no information for Owsley in terms of foreclosure, mortgage, or credit card delinquency.

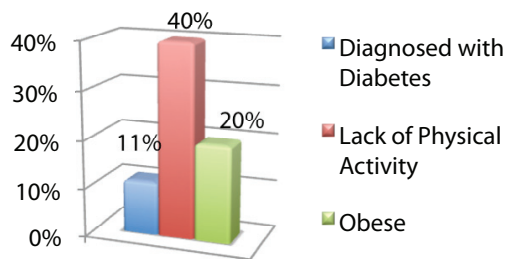
Access to health insurance is another important factor contributing to family well-being. In Owsley County, **25%** of the people under age 65 are uninsured.⁴

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

- **1,220** people were involved in addressing issues of their community.
- **472** people increased their knowledge of governmental process.
- **806** 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 Owsley County. **Figure 2. Health Risks.**⁴



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

- **2,189** people increased knowledge of practices to maintain health and well-being.
- **1,273** people used safe practices to store, handle, and prepare food.
- **2,510** people implemented practices to maintain health and well-being.



OUR FAMILIES

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

- **1,388** families reside in the county.
- **587** families (**41.7%**) live below poverty level.
- Median family income is **\$18,034**.
- **140** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,174** people in Owsley County receive food stamps. The average family food stamp benefit is **\$176.15** per month.⁵

In the county, **11** children live in out-of-home care.⁶

In 2005, there were **8** incidents of adult abuse and **39** incidents of child abuse.⁷

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

- **890** adults and youth improved their ability to make informed and effective decisions.
- **422** people adopted money management practices to reduce debt and/or increase savings.
- **775** 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 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

⁵ Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

⁶ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

⁷ Kentucky Department for Public Health, County Health Priorities, 2004.