

## ELLIOTT COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2011



## 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:

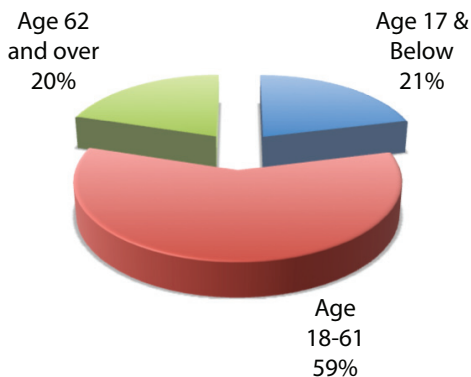
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **2,517** contacts with Elliott County families during 2009-2010.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=6,748)

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



## SPOTLIGHT ON...

### EMBRACING LIFE AS YOU AGE

**T**hirty-two seniors attended a program that encouraged better nutrition and physical activity. As an incentive they received a \$20 gift certificate for the farmer's market, which was redeemed by 31 seniors (95%). Twenty people attended a food preservation workshop, learning to preserve, freeze, and dry vegetables and fruits. At the county fair, 47 preserved products were entered by contestants who had attended the workshop. By request, the Family and Consumer Sciences agent, Environmental Education Assistant, and EFNEP assistant have been devoting one morning each month to Light House Unit, for people with mild Alzheimer's and dementia. Staff report residents ask when Extension will return. The unit manager says the cognitive activity reduces progression of dementia and Alzheimer's.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Elliott County was **12.0%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Elliott County, **2.5%** of mortgages are 90-days delinquent and **2.1%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **5** foreclosures were filed.<sup>5</sup>

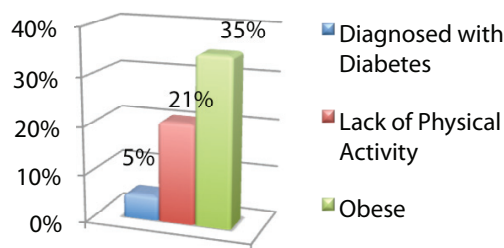
Access to health insurance is another important factor contributing to family well-being. In Elliott County, **18%** of the people under age 65 are uninsured.<sup>8</sup>

### As a result of participation in Elliott County Extension programs:<sup>1</sup>

- **106** people were involved in addressing issues of their community.
- **64** people increased their knowledge of governmental process.
- **52** people expanded their knowledge of economic development.
- Elliott County Extension is involved in **8** community coalitions.

## 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.**<sup>8</sup>



### As a result of participation in Elliott County Extension programs:<sup>1</sup>

- **488** people increased knowledge of practices to maintain health and well-being.
- **267** people developed skills to access affordable food.
- **286** 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:<sup>2</sup>

- **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, **915** people in Elliott County receive supplemental nutrition assistance. The average family benefit is **\$231.20** per month.<sup>3</sup>

In the county, **29** children live in out-of-home care. There were **30**

child victims of substantiated abuse.<sup>4</sup> There were **11** incidents of adult abuse.<sup>5</sup>

### As a result of participation in Elliott County Extension programs:<sup>1</sup>

- **148** adults and youth improved their ability to make informed and effective decisions.
- **21** people increased their knowledge and skills related to parenting and personal relationships.
- **547** adult and youth improved practical living skills.

### SOURCES

<sup>1</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

<sup>2</sup> U.S. Bureau of the Census, Census 2000. 2008 Estimates.

<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

<sup>5</sup> Kentucky Administrative Office of the Courts, September, 2010

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2010.

<sup>8</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.