

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

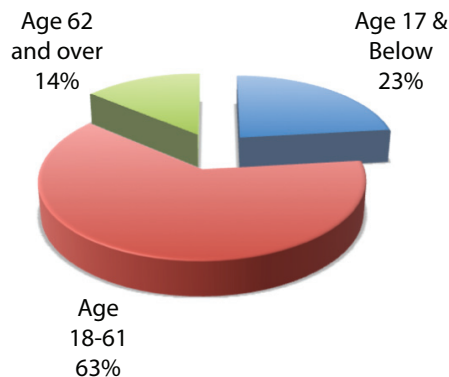
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **1,771** contacts with Estill County families during 2009-2010.¹

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 (NEP) paraprofessional taught 65 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 100% of families made an improvement in the nutritional quality of their diet. 68% of NEP graduate families consumed a higher quality diet due to planning meals using the My-Pyramid food guide, considering healthy choices, and using the "Nutrition Facts" label. 49% of families increased their frequency of moderate physical activity for 30 minutes per day. 85% of families demonstrated an improvement in safe food handling practices and hand washing behavior. 26% of families were able to use community food resources, such as food pantries, less often due to increased skill at food resource management.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Estill County was **12.6%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Estill County, **3.6%** of mortgages are 90-days delinquent and **1.3%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **4** foreclosures were filed.⁵

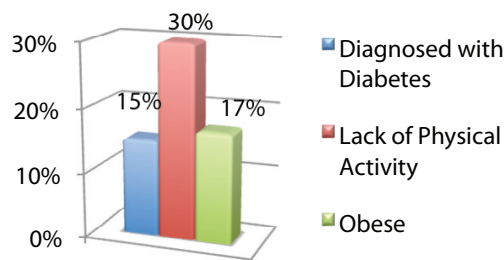
Access to health insurance is another important factor contributing to family well-being. In Estill County, **15%** of the people under age 65 are uninsured.⁸

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

- **397** people were involved in addressing issues of their community.
- **420** people were prepared to enter the work force.
- **355** people expanded their knowledge of economic development.
- Estill County Extension is involved in **14** community coalitions.

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.**⁸



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

- **296** people increased knowledge of practices to maintain health and well-being.
- **56** people increased knowledge of safe practices to store, handle, and prepare food.
- **386** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

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, **2,111** people in Estill County receive supplemental nutrition assistance. The average family benefit is **\$244.55** per month.³

In the county, **47** children live in out-of-home care. There were **33**

child victims of substantiated abuse.⁴ There were **53** incidents of adult abuse.⁵

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

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

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

² U.S. Bureau of the Census, Census 2000. 2008 Estimates.

³ Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

⁵ Kentucky Administrative Office of the Courts, September, 2010

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

⁷ TransUnion LLC., Trend Data, Quarter 1 2010.

⁸ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.