

## LEE 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 Lee County resulting in strong families for Kentucky. Educational programs focus on:

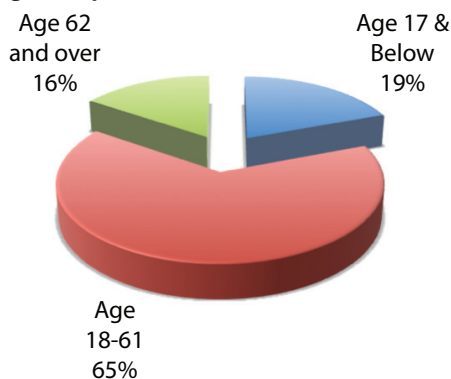
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **9,328** contacts with Lee County families during 2009-2010.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=7,916)

► 2008 estimates from the 2000 U.S. Census reported total population as **7,916**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

### MAKING BENEFICIAL LIFESTYLE CHOICES

Obesity is a significant yet preventable problem in Kentucky. Obesity is linked to many deleterious diseases that are on the rise, such as diabetes. In order to address community concerns, Lee County Extension followed Weight: the Reality Series curriculum to teach participants about the benefits of healthy eating, nutrition habits, and physical activity through all stages of life. Thirty-five people participated in the program. Fifteen succeeded in losing 5% of their initial weight during the program. On average, everyone in the program lost approximately five pounds. Fifteen participants succeeded in reducing their waist circumference. Eight people maintained the weight they lost during the program when given follow-up evaluation after three months of completion.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Lee County was **11.8%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lee County, **1.8%** of mortgages are 90-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **8** foreclosures were filed.<sup>5</sup>

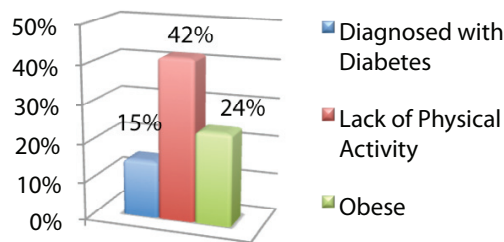
Access to health insurance is another important factor contributing to family well-being. In Lee County, **21%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **174** people were involved in addressing issues of their community.
- **41** people expanded their knowledge of economic development.
- **75** people were prepared to enter the work force.
- Lee County Extension is involved in **41** community coalitions.

## OUR HEALTH

► The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Lee County. **Figure 2. Health Risks.**<sup>8</sup>



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

- **348** people increased knowledge of practices to maintain health and well-being.
- **484** people increased knowledge of safe practices to store, handle, and prepare food.
- **448** people developed skills to access affordable food.

## OUR FAMILIES

► Using data from the 2000 U.S. Census, Lee County families can be described as follows:<sup>2</sup>

- **2,122** families reside in the county.
- **540** families (**25.2%**) live below poverty level.
- Median family income is **\$24,918**.
- **96** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,352** people in Lee County receive supplemental nutrition assistance. The average family benefit is **\$205.99** per month.<sup>3</sup>

In the county, **10** children live in out-of-home care. There were **24** child victims of

substantiated abuse.<sup>4</sup> There were **14** incidents of adult abuse.<sup>5</sup>

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

- **441** adults and youth improved their ability to make informed and effective decisions.
- **402** people adopted money management practices to reduce debt and/or increase savings.
- **575** adults 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.