

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

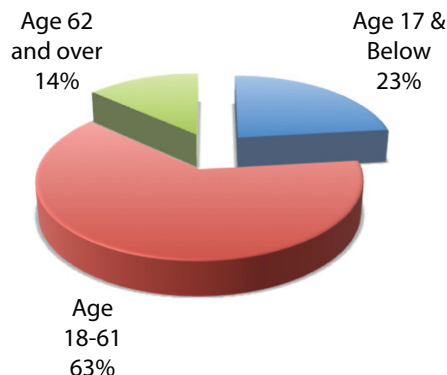
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **8,476** contacts with Lewis County families during 2009-2010.¹

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...

NURTURING FAMILIES

Because research shows that eating as a family has positive results on childhood behavior, the Family and Consumer Sciences Agent designed Speedy Suppers, offered four times, to help participants learn to prepare quick and healthy meals at home. Sitting down to dinner allows communication to improve, and children understand family values and traditions. Children do better in school, have fewer behavior problems, and are less apt to use alcohol or drugs. Further, children and teenagers say they like having time to talk to adults. Of the 34 returned surveys, as a result of these lessons, 68% found meal planning less stressful after this lesson; and 94% learned something new about healthful eating.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Lewis County was **13.9%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lewis County, **3.4%** of mortgages are 90-days delinquent and **1.0%** of bank cards are 60-days delinquent.⁷

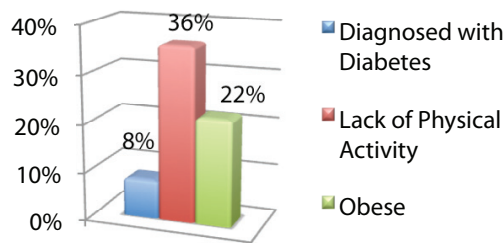
Access to health insurance is another important factor contributing to family well-being. In Lewis County, **18%** of the people under age 65 are uninsured.⁸

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

- **140** people were involved in addressing issues of their community.
- **290** people increased their knowledge of governmental process.
- **135** people expanded their knowledge of economic development.
- Lewis County Extension is involved in **33** 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.**⁸



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

- **875** people increased knowledge of practices to maintain health and well-being.
- **1,075** people increased knowledge of safe practices to store, handle, and prepare food.
- **1,457** 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, **1,556** people in Lewis County receive supplemental nutrition assistance. The average family benefit is **\$260.42** per month.³

In the county, **48** children live in out-of-home care. There were **80**

child victims of substantiated abuse.⁴ There were **23** incidents of adult abuse.⁵

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

- **25** adults and youth improved their ability to make informed and effective decisions.
- **6,000** adults and youth improved practical living skills.

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.