

LINCOLN 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 Lincoln County resulting in strong families for Kentucky. Educational programs focus on:

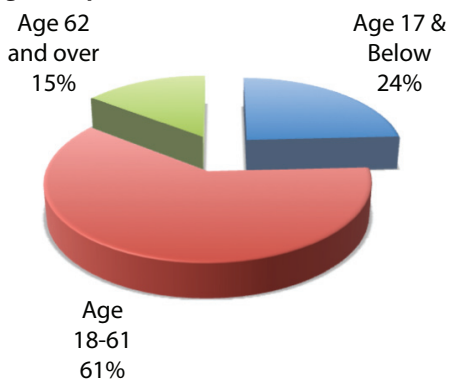
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **15,402** contacts with Lincoln County families during 2009-2010.¹

OUR PEOPLE

Figure 1. Population by Age Group² (n=23,361)

► 2008 estimates from the 2000 U.S. Census reported total population as **23,361**.² The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

MAKING BENEFICIAL LIFESTYLE CHOICES

Obesity in Kentucky continues to increase. To combat this, the Lincoln County Extension Agent for Family and Consumer Sciences offered two sessions of "Weight: The Reality Series" this fall and spring. A joint partnership between the Lincoln County Cooperative Extension Service, Lincoln County Health Department, and Ephraim McDowell Regional Medical Center, each eight-week program focused on helping participants set goals and lose weight. Each session included a nutrition segment with a healthy food to taste, physical activity, sharing time, and a weekly weigh-in. The 35 participants used a variety of exercise activities, including strength training, stretching, and flexibility. Thirty-one participants lost weight, with 153 total pounds lost, an average of five per person.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Lincoln County was **12.1%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lincoln County, **3.7%** of mortgages are 90-days delinquent and **1.4%** of bank cards are 60-days delinquent.⁷

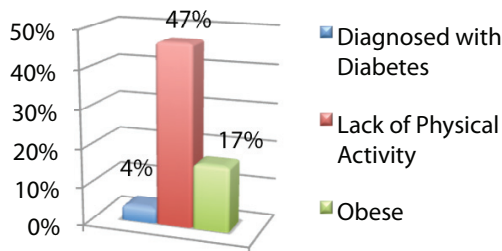
Access to health insurance is another important factor contributing to family well-being. In Lincoln County, **16%** of the people under age 65 are uninsured.⁸

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

- **100** people were involved in addressing issues of their community.
- **120** people were prepared to enter the work force.
- **200** people expanded their knowledge of economic development.
- Lincoln County Extension is involved in **30** community coalitions.

OUR HEALTH

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



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

- **800** people increased knowledge of practices to maintain health and well-being.
- **500** people increased knowledge of safe practices to store, handle, and prepare food.
- **200** people made lifestyle changes to improve health.

OUR FAMILIES

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

- **6,732** families reside in the county.
- **1,107** families (**16.4%**) live below poverty level.
- Median family income is **\$32,284**.
- **188** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **2,088** people in Lincoln County receive supplemental nutrition assistance. The average family benefit is **\$244.47** per month.³

In the county, **61** children live in out-of-home care. There were **51**

child victims of substantiated abuse.⁴ There were **79** incidents of adult abuse.⁵

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

- **700** adults and youth improved their ability to make informed and effective decisions.
- **2,000** adults and youth improved practical living skills.
- **200** 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.