

**LOGAN 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 Logan County resulting in strong families for Kentucky. Educational programs focus on:

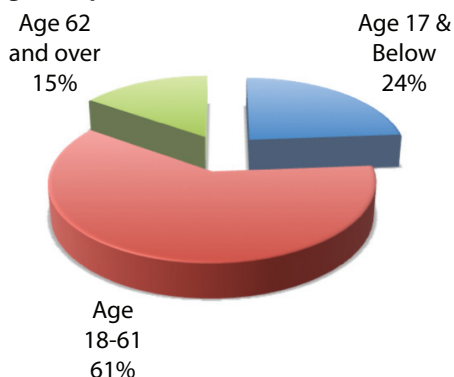
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **5,602** contacts with Logan County families during 2009-2010.<sup>1</sup>

**OUR PEOPLE**

**Figure 1. Population by Age Group<sup>2</sup> (n=26,573)**

► 2008 estimates from the 2000 U.S. Census reported total population as **26,573**.<sup>2</sup> The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

## MAKING BENEFICIAL LIFESTYLE CHOICES

**A**ccording to the Kentucky Institute of Medicine, 33% of adults in Logan County are obese and lack physical activity, and 7% have diabetes. To address these issues, Logan County Extension Agents for Family and Consumer Sciences and 4-H Youth Development partnered to offer Lose It Logan County! The wellness program targets able-bodied individuals who want to take control of their health. This incorporated a 12-week exercise program and Weight the Reality Series curriculum. Representing a mix of racial, ethnic, age, and gender groups, twenty individuals participated, losing 58.85 total pounds and 25 total inches! Participants noted an increase in energy and most had an improved body image.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Logan County was **10.3%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Logan County, **4.1%** of mortgages are 90-days delinquent and **1.4%** of bank cards are 60-days delinquent.<sup>7</sup> In a one-year period (August 2009 through August 2010), **10** foreclosures were filed.<sup>5</sup>

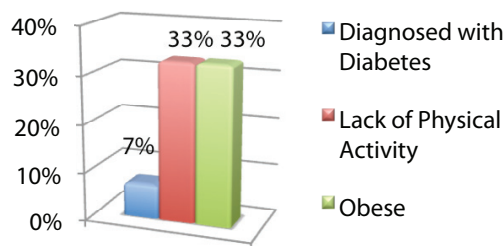
Access to health insurance is another important factor contributing to family well-being. In Logan County, **13%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **450** people were involved in addressing issues of their community.
- **70** people increased their knowledge of governmental process.

## OUR HEALTH

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



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

- **100%** of families had improvement in dietary intake.
- **59%** of families improved food resource management.
- **48%** of families improved their dietary knowledge.

## OUR FAMILIES

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

- **7,577** families reside in the county.
- **819** families (**10.8%**) live below poverty level.
- Median family income is **\$39,307**.
- **313** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,791** people in Logan County receive supplemental nutrition assistance. The average family benefit is **\$232.43** per month.<sup>3</sup>

In the county, **58** children live in out-of-home care. There were **42**

child victims of substantiated abuse.<sup>4</sup> There were **72** incidents of adult abuse.<sup>5</sup>

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

- **50%** of families learned three new ways to fix family problems without a fight.
- **63%** of families learned three new active ways of having fun with their child.
- **75%** of families felt better equipped to help their child achieve or maintain a healthy weight.

## 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.