

**OWSLEY 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 Owsley County resulting in strong families for Kentucky. Educational programs focus on:

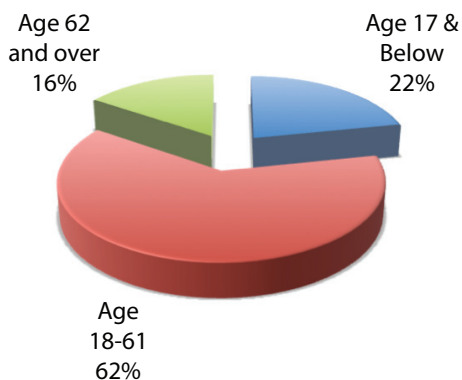
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **33,266** contacts with Owsley County families during 2009-2010.<sup>1</sup>

**OUR PEOPLE**

**Figure 1. Population by Age Group<sup>2</sup> (n=4,858)**

► 2008 estimates from the 2000 U.S. Census reported total population as **4,858**.<sup>2</sup> The graph on the right indicates the percentage by age group.

**SPOTLIGHT ON...**

## MAKING BENEFICIAL LIFESTYLE CHOICES

**P**lanning groups for Second Sunday determined that encouraging physical activity and eradicating drug abuse are paramount health concerns in Owsley County. Two grants were used to put a drug-free message on water bottles and T-shirts distributed at multiple Second Sunday physical activity stations. Approximately 180 individuals participated from the community. The event boasted 17 partnerships, 40 volunteers, and donations totaling \$1025. Volunteer hours of 250 had an estimated value of \$2,298. Owsley County Extension was one of three counties that assisted with Second Sunday at Buckhorn Lake State Park, reaching an additional 21 individuals. Lastly, a \$500 service learning grant will be used by 4-H teens to develop a brochure highlighting the county's opportunities for exercise.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Owsley County was **11.2%**.<sup>6</sup>

Foreclosure filings are important financial indicators of community well-being. In a one-year period (August 2009 through August 2010), **1** foreclosure was filed in Owsley County.<sup>5</sup>

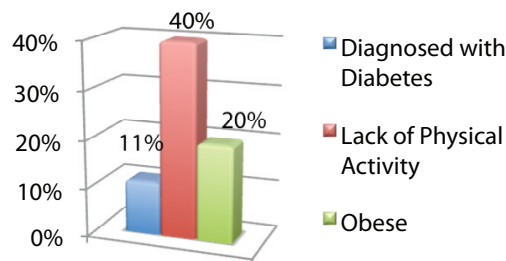
Access to health insurance is another important factor contributing to family well-being. In Owsley County, **25%** of the people under age 65 are uninsured.<sup>8</sup>

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

- **1,440** people were involved in addressing issues of their community.
- **527** people increased their knowledge of governmental process.
- **791** people expanded their knowledge of economic development.
- Owsley County Extension is involved in **54** community coalitions.

## OUR HEALTH

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



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

- **2,306** people increased knowledge of practices to maintain health and well-being.
- **1,340** people used safe practices to store, handle, and prepare food.
- **2,345** people made lifestyle changes to improve health.

## OUR FAMILIES

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

- **1,388** families reside in the county.
- **587** families (**41.7%**) live below poverty level.
- Median family income is **\$18,034**.
- **140** grandparents are responsible for the care of their grandchildren.



According to the Kentucky Cabinet for Health and Family Services, **1,222** people in Owsley County receive supplemental nutrition assistance. The average family benefit is **\$195.60** per month.<sup>3</sup>

In the county, **32** children live in out-of-home care. There were **62**

child victims of substantiated abuse.<sup>4</sup> There were **13** incidents of adult abuse.<sup>5</sup>

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

- **1,055** adults and youth improved their ability to make informed and effective decisions.
- **780** people increased their knowledge and skills related to parenting and personal relationships.
- **2,768** 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.