

## BREATHITT COUNTY

**Martha Yount,**  
County Extension Agent, Family & Consumer Sciences

# BUILDING STRONG FAMILIES FOR KENTUCKY 2012



### OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Breathitt County. As the current economic situation continues to create challenges, educational programs focus on:

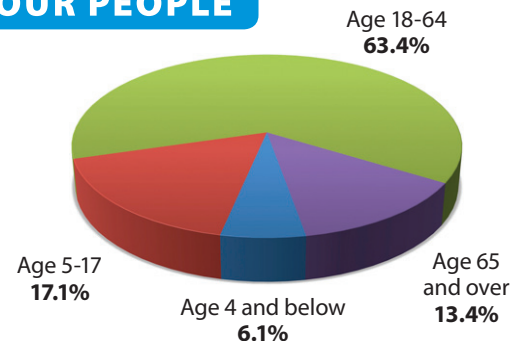
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities.

In 2010-2011, Family and Consumer Sciences Extension made **19,884** contacts with Breathitt County individuals and families.<sup>2</sup>

### OUR PEOPLE

#### Population by Age Group<sup>1</sup>

The 2010 U.S. Census reported total population in Breathitt County as **13,878**.<sup>1</sup>



### SPOTLIGHT ON ...

## ACCESSING NUTRITIOUS FOODS

In Breathitt County, many people could reduce food costs by growing their own produce in small spaces or buying locally grown foods. To encourage this, a demonstration garden was planted at the Breathitt County Extension Office, supported by grant funds from the Brushy Fork Institute and over 150 volunteer hours, which showcased raised beds and container gardens. Food from the gardens has been used for Senior Citizens' Center meals. To broaden the reach of the project, a lesson, "Eating Close to Home," was taught in eight counties surrounding Breathitt. Of the 68 people who attended, only 16% produced a significant amount of their own food or made an effort to obtain it locally. 98% intended to increase the amount of food they obtained locally.

## OUR FAMILIES

According to the 2010 Census,<sup>1</sup> of families in Breathitt County with their own children...

- **70.4%** are husband-wife families
- **29.6%** are single parent families

**In addition, there are:**

- **5,494** households
- **1,828** households with 1 or more persons under the age of 18
- **391** grandchildren under 18 years old who live with a grandparent householder
- **1,452** households with at least one person age 65 and over



### As a result of participation in Breathitt County Extension programs:<sup>2</sup>

- **5,763** people increased knowledge of lifestyle changes to improve personal health.
- **99** people increased knowledge of parenting and personal relationships.
- **2,362** people increased knowledge of safe storage, handling and food preparation.

## OUR COMMUNITY

In 2009, the most recent data available, the median household income in Breathitt County was **\$23,863**.<sup>3</sup>

The number of children in poverty in Breathitt County was **1,560** compared to **1,589** in 2006.<sup>3</sup>

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Breathitt County is **5,763** in 2011.<sup>4</sup>

### As a result of participation in Breathitt County Extension programs:<sup>2</sup>

- **128** people increased leadership knowledge and skills.
- **240** people improved communication skills to address community issues.
- **296** people developed skills to access affordable food.

## OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,<sup>6</sup> between 2005 and 2009 in Breathitt County it is estimated that...

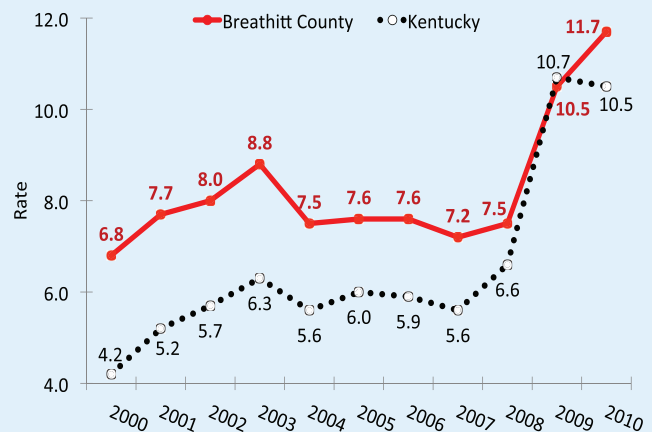
- **27.1%** (+/- **4.9**) are married-couple families with both husband and wife in the labor force
- **30.5%** (+/- **15.1**) are children under 6 years old with all parents in the labor force
- **21.5%** (+/- **7**) are people 65 years and over below poverty level during the past 12 months

### As a result of participation in Breathitt County Extension programs:<sup>2</sup>

- **61** adults and youth improved their ability to make informed and effective decisions.
- **79** people adopted money management practices to reduce debt and increase savings.
- **305** people demonstrated increased practical living skills.

### Average Annual Unemployment Rate<sup>5</sup>

(not seasonally adjusted)



#### SOURCES

- <sup>1</sup> U.S. Census Bureau, 2010 Decennial Census.
- <sup>2</sup> Kentucky Cooperative Extension Service, Impact Reporting, FY2011.
- <sup>3</sup> U.S. Census Bureau, Small Area Income and Poverty Estimates.
- <sup>4</sup> Kentucky Cabinet for Health and Family Services, Databook, June 2011.
- <sup>5</sup> Bureau of Labor Statistics, Local Area Unemployment Statistics.
- <sup>6</sup> U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.