Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Leslie 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 21,491 contacts with Leslie County individuals and families.2

According to Kentucky by the Numbers, 14.2% of Leslie County residents are age 65 or over. As people age, proper nutrition, physical activity, and other health problems become a challenge. To address these issues, the Family and Consumer Sciences Agent conducts monthly nutrition lessons at three senior citizens centers and one community center. A total of 55 seniors from all sites attend lessons which focus on a variety of topics including making nutritious food choices, food safety, budgeting grocery funds, controlling cholesterol, and managing diabetes. Classes include taste testing recipes that are low cost and nutritious. 100% of the senior citizens who attend report they have gained valuable knowledge and, as a result, have improved nutrition.
OUR FAMILIES

According to the 2010 Census,¹ of families in Leslie County with their own children…

- 74.0% are husband-wife families
- 26.0% are single parent families

In addition, there are:

- 4,555 households
- 1,452 households with 1 or more persons under the age of 18
- 293 grandchildren under 18 years old who live with a grandparent householder
- 1,189 households with at least one person age 65 and over

As a result of participation in Leslie County Extension programs:²

- 511 people increased knowledge of lifestyle changes to improve personal health.
- 45 people increased knowledge of parenting and personal relationships.
- 215 people increased knowledge of safe storage, handling and food preparation.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Leslie County it is estimated that…

- 28.2% (+/- 7) are married-couple families with both husband and wife in the labor force
- 59.5% (+/- 20.6) are children under 6 years old with all parents in the labor force
- 20% (+/- 7.7) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Leslie County Extension programs:²

- 220 people increased knowledge of economic and enterprise development.
- 193 people adopted money management practices to reduce debt and increase savings.
- 450 people demonstrated increased practical living skills.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Leslie County was $26,767.³

The number of children in poverty in Leslie County was 911 compared to 954 in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Leslie County is 3,780 in 2011.⁴

As a result of participation in Leslie County Extension programs:²

- 134 people increased leadership knowledge and skills.
- 147 people improved communication skills to address community issues.
- 72 people developed skills to access affordable food.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.