Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Estill County. To help families make wise decisions, our 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 live independently longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** that 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 2013-2014, Family and Consumer Sciences Extension made 2,104 contacts with Estill County individuals and families.

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**ESTILL COUNTY**
Chelsea Bicknell, County Extension Agent, Family and Consumer Sciences

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**OUR FOCUS**

**OUR PEOPLE**

Median household income by housing type* (2008-2012)^2

<table>
<thead>
<tr>
<th></th>
<th>U.S.</th>
<th>Kentucky</th>
<th>Estill County</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Households</td>
<td>$53,046</td>
<td>$42,610</td>
<td>$28,684</td>
</tr>
<tr>
<td>Owner Occupied</td>
<td>$67,062</td>
<td>$54,061</td>
<td>$37,982</td>
</tr>
<tr>
<td>Renter Occupied</td>
<td>$32,212</td>
<td>$24,100</td>
<td>$14,861</td>
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</tbody>
</table>

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**SPOTLIGHT ON ...**

**NUTRITION EDUCATION PROGRAM**

The Expanded Food and Nutrition Education Program (EFNEP) in Estill County teaches limited-resource mothers with young children how to improve the nutritional quality of meals, safely prepare meals, and boost food-related resources. Of the 30 EFNEP graduate families, 100% showed a positive change in their food intake as a result of skills and behaviors taught through EFNEP. According to data from a University of Kentucky Food and Nutrition specialist, each person who receives training about foodborne illness prevention saves Kentucky an estimated $1,000 in health care costs. Twenty-eight Estill County EFNEP participants reported food-safety improvement practices, potentially saving Kentucky $28,000.

http://hes.uky.edu/StrongFamilies
Housing has long been recognized as a basic human need. Yet, because housing is often a family's largest expense and largest debt, it can be a stumbling block for many. Safe, lower-cost housing options are often limited for struggling families, and this can lead them into crisis. Family and Consumer Sciences Extension helps people improve home safety, lessen their environmental footprint, and strengthen financial stability. It also helps communities promote healthy lifestyles throughout the lifespan by supporting strong family home environments. Please tell us ways you think we can do more.

**AVAILABILITY**

In 2010, in Estill County, there were...
- 1,748 renter households
- 4,236 homeowner households
- 205 vacant housing units for rent
- 73 vacant housing units for sale

According to the Kentucky Department of Education, in 2012-2013, 91 children were homeless or were precariously housed in Estill County.

**AFORDABILITY**

According to American Community Survey estimates for Estill County, in 2008-2012...
- 48.3% (+/- 9.8) of renter households paid 35% or more of their income for rent and utilities
- 30.0% (+/- 7.2) of homeowner households with a mortgage and 14.1% (+/- 4.5) of homeowner households without a mortgage paid 35% or more of their income for housing costs
- 53.1% (+/- 4.9) of homeowner households did not have a mortgage
- 23.6% (+/- 3.6) of all housing units were mobile homes

According to the most recent poverty estimates, in 2012, 27.8% (+/- 5.4) of residents in the county were living below poverty.

In 2013, residents needed to earn $10.87 an hour (or work 1.5 jobs at $7.25 an hour**) to afford a two-bedroom apartment at Fair Market Rent in Estill County.

**HEALTH AND SAFETY**

In Estill County, it is estimated that in 2008-2012...
- half of all renter-occupied housing was built before 1980 (+/- 5 years)
- half of all owner-occupied housing was built before 1977 (+/- 3 years)

According to 2008-2012 American Community Survey estimates in Estill County...
- 8.5% (+/- 2.7) of all households had no landline or cell phone
- 57.5% (+/- 5.2) of workers living in Estill County worked in Kentucky but outside the county and 0.3% (+/- 0.6) worked outside the state
- Half of all workers traveled 32.8 (+/- 2.6) or more minutes to work

**HEALTH AND SAFETY**

In Estill County, it is estimated that in 2008-2012...
- half of all renter-occupied housing was built before 1980 (+/- 5 years)
- half of all owner-occupied housing was built before 1977 (+/- 3 years)

According to 2008-2012 American Community Survey estimates in Estill County...
- 8.5% (+/- 2.7) of all households had no landline or cell phone
- 57.5% (+/- 5.2) of workers living in Estill County worked in Kentucky but outside the county and 0.3% (+/- 0.6) worked outside the state
- Half of all workers traveled 32.8 (+/- 2.6) or more minutes to work

**SOURCES:**
1. Kentucky Cooperative Extension reporting. FY 2014
2. 2008-2012 American Community Survey 5-Year Estimates, U.S. Census Bureau
3. 2010 Decennial Census, U.S. Census Bureau
4. Kentucky Dept. of Education http://education.ky.gov/federal/programs/States/KY-Docs.aspx (Data for school districts were combined to produce the county total.)
5. Small Area Income and Poverty Estimates, U.S. Census Bureau
6. Out Of Reach 2014. National Low Income Housing Coalition
7. Data refer to housing tenure (owner or renter).
8. The current federal minimum wage

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