



ESTILL COUNTY

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Building Strong Families FOR KENTUCKY 2016



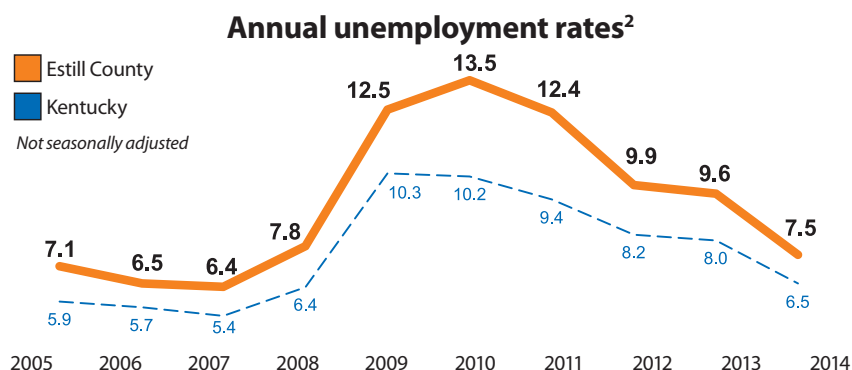
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Estill County. To help Kentuckians strengthen their financial, physical, and social well-being, 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 2014-2015, Family and Consumer Sciences Extension made **11,641** contacts with Estill County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

FAIR ON AGING

People who are 62 and older make up almost 20 percent of Estill County's population and are becoming the fastest-growing segment of its population. With those statistics in mind, the Estill County Extension FCS Advisory Council organized the East Central Kentucky Fair on Aging, a resource fair designed to give all who are aging information about the multitude of services available to them. More than 20 organizations set up booths at the resource fair. In a survey, 94% of participants said they felt more informed of the services because of the event; 98% said they planned to follow up with at least one agency; and all said the event should be held every year.

<http://hes.uky.edu/StrongFamilies>

FINANCIAL WELL-BEING

In Estill County, the median household income in 2013 was **\$30,388 (+/- \$2,931)** compared to \$43,307 (+/- \$631) for the state.³

The American Community Survey estimates that between 2009-2013:⁴

- **41.5% (+/-9.2)** of families with related children were below poverty
- **13.8% (+/-3.7)** of people age 65 and over were below poverty
- **2.9% (+/-2.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **66.1%** of students were eligible for free lunches and **5.2%** were eligible for reduced-price lunches in 2014-2015⁵

As a result of participating in Estill County Extension programs:¹

- **75** people demonstrated informed and effective decision-making.
- **350** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

According to the CDC's County Diabetes Atlas, in Estill County in 2012:⁶

- **14.9% (19.5%-11.2%)** of adults reported having been diagnosed with diabetes
- **31.5% (38.7%-24.7%)** of adults 18 years and over were obese
- **31.9% (39.7%-24.9%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Estill County:⁷

- **27.4% (40.7%-17.2%)** of adults reported fair or poor health

In Estill County:

- **76.4%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **53.1% (+/-9.0)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **32** deaths were from a drug overdose between 2009-2013⁹

As a result of participating in Estill County Extension programs:¹

- **600** people increased knowledge of lifestyle changes to improve personal health.
- **1,400** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

The American Community Survey estimates that between 2009-2013 in Estill County:⁴

- **28.7% (+/-1.7)** of households included one or more persons age 65 and over
- **238 (+/-101)** grandparents lived with and were responsible for their own grandchildren
- **43.3% (+/-12.3)** of children under 6 years and **58.9% (+/-11.5)** of children 6-17 years had all parents in the labor force
- **118 (+/-69)** of those age 5 and older spoke a language other than English at home
- **938 (+/-141)** civilian veterans lived in Estill County⁴

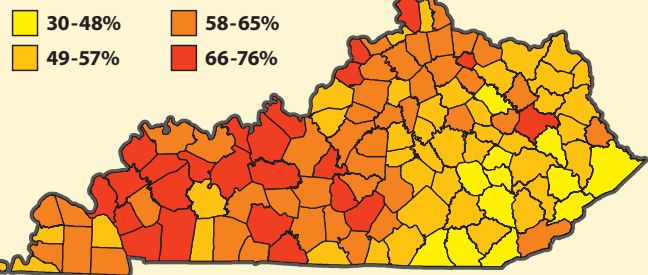
In Estill County:

- **34.9% (52.1%-21.0%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **89** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **45.8%** of those registered to vote did so in the 2014 General Election¹¹

As a result of participating in Estill County Extension programs:¹

- **78** adults reported increased leadership skills, knowledge or confidence.
- **250** people were reached with information related to health and safety.

Percent of child support collected (2014)¹⁰



SOURCES:

¹ Kentucky Cooperative Extension reporting, FY 2015

² Bureau of Labor Statistics, Local Area Unemployment

³ Small Area Income and Poverty Estimates, U.S. Census Bureau

⁴ 2013 American Community Survey 5-year estimates, U.S. Census Bureau

⁵ 2014-2015 Kentucky School Report Card, Kentucky Dept. of Education.

(Data for school districts were combined to produce the county total.)

⁶ CDC County Diabetes Atlas

⁷ BRFSS/Health Indicators Warehouse

⁸ RWJF County Health Rankings

Adequate access is defined as living within 1/2 mile of a park and as living in a census tract less than 3 miles from a recreational facility for rural areas and less than 1 mile in urban areas.

⁹ Kentucky Injury Prevention and Research Center, 2015.

¹⁰ "Drug Overdose Deaths in Kentucky, 2000-2013"

¹¹ Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)

¹² Kentucky State Board of Elections

(<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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