



LOGAN COUNTY

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Building Strong Families FOR KENTUCKY 2016



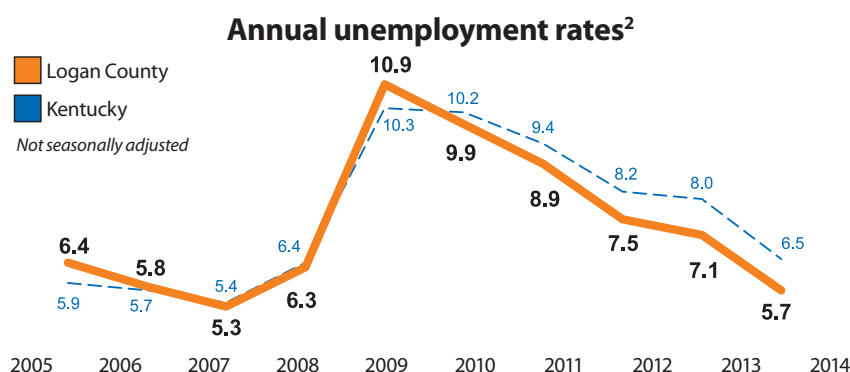
OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Logan 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 **10,287** contacts with Logan County individuals and families.¹

OUR PEOPLE



SPOTLIGHT ON...

LOSE IT LOGAN COUNTY

Lose It Logan County is a weight loss/physical activity program that targets those who want to take control of their health. Information received during the program and in a post-program survey showed that 34.4 total pounds were lost; 9.5 total inches were lost; six of 17 participants reduced their waist size; and two of 17 participants lost 4% or more of their original weight. Participants had more energy, greater flexibility, and improved body image. In a follow-up survey, participants said that food journaling made them more aware of what they ate and of portion control.

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

FINANCIAL WELL-BEING

In Logan County, the median household income in 2013 was **\$39,513 (+/- \$3,613)** compared to \$43,307 (+/- \$631) for the state.³

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

- **25.4% (+/-5.3)** of families with related children were below poverty
- **17.3% (+/-4.3)** of people age 65 and over were below poverty
- **2.4% (+/-1.0)** of individuals working full time/full year in the previous 12 months were below poverty
- **51.1%** of students were eligible for free lunches and **6.9%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **900** people demonstrated informed and effective decision-making.
- **800** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **13.3% (16.4%-10.4%)** of adults reported having been diagnosed with diabetes
- **35.5% (41.3%-30.0%)** of adults 18 years and over were obese
- **37.6% (43.7%-31.8%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Logan County:⁷

- **38.4% (50.0%-28.1%)** of adults reported having been diagnosed with high blood pressure
- **24.4% (30.4%-19.3%)** of adults reported fair or poor health

In Logan County:

- **45.0%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **31.3% (+/-4.5)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **17** deaths were from a drug overdose between 2009-2013⁹

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

- **450** people changed home and physical safety practices.
- **300** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **28.6% (+/-1.3)** of households included one or more persons age 65 and over
- **456 (+/-191)** grandparents lived with and were responsible for their own grandchildren
- **49.9% (+/-9.8)** of children under 6 years and **63.7% (+/-6.9)** of children 6-17 years had all parents in the labor force
- **976 (+/-263)** of those age 5 and older spoke a language other than English at home
- **1,880 (+/-229)** civilian veterans lived in Logan County⁴

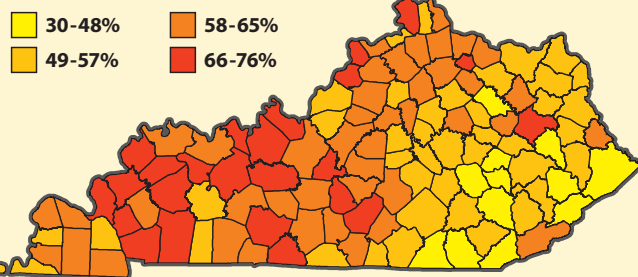
In Logan County:

- **20.1% (28.7%-13.6%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **100** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **45.5%** of those registered to vote did so in the 2014 General Election¹¹

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

- **65** adults reported increased leadership skills, knowledge or confidence.
- **450** 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. "Drug Overdose Deaths in Kentucky, 2000-2013"
- ¹⁰ Kentucky Kids Count/Kentucky Cabinet for Health & Family Services. (<http://datacenter.kidscount.org>)
- ¹¹ Kentucky State Board of Elections (<http://elect.ky.gov/statistics/Pages/turnoutstatistics.aspx>)



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