



OWSLEY COUNTY

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Building Strong Families FOR KENTUCKY 2016



OUR FOCUS

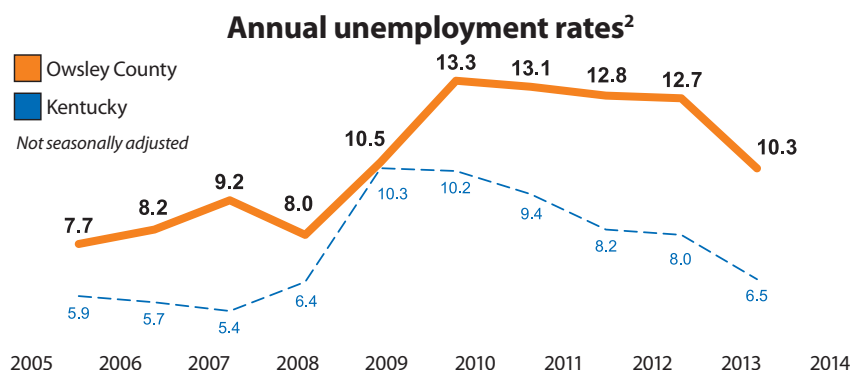
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families in Owsley County. To help Kentuckians strengthen their financial, physical, and social well-being, our educational programs focus on:

- **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 **36,989** contacts with Owsley County individuals and families.¹

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

OUR PEOPLE



SPOTLIGHT ON...

MONEY HABITUDES PAYS OFF

The Owsley County Cooperative Extension Service reached 109 people with Money Habitudes, a class that helps individuals communicate more effectively about money, build self-esteem in handling money, and implement money-management practices. A survey showed that all participants identified financial management strategies for their family, farming operation, or business and gained confidence in money issues or specific financial matters. Some 90% set at least one savings or wealth-related goal for their family, farming operation, or business and 78% implemented a plan to decrease their expenses or manage wealth and implemented at least one financial management strategy.

FINANCIAL WELL-BEING

In Owsley County, the median household income in 2013 was **\$22,715 (+/- \$2,241)** compared to \$43,307 (+/- \$631) for the state.³

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

- **33.1% (+/-12.3)** of families with related children were below poverty
- **32.6% (+/-12.8)** of people age 65 and over were below poverty
- **2.3% (+/-3.2)** of individuals working full time/full year in the previous 12 months were below poverty
- **84.9%** of students were eligible for free lunches and **0.7%** were eligible for reduced-price lunches in 2014-2015⁵

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

- **2,942** people demonstrated informed and effective decision-making.
- **215** people demonstrated increased practical living skills.

PHYSICAL WELL-BEING

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

- **14.1% (18.3%-10.7%)** of adults reported having been diagnosed with diabetes
- **37.2% (44.9%-30.3%)** of adults 18 years and over were obese
- **30.7% (38.3%-23.5%)** of adults reported no leisure-time exercise in the past month

Between 2006-2012 in Owsley County:⁷

- **44.2% (58.7%-30.7%)** of adults reported having been diagnosed with high blood pressure
- **39.6% (49.4%-30.6%)** of adults reported fair or poor health

In Owsley County:

- **55.0%** had adequate access to locations for physical activity compared to 72.0% for the state⁸
- **30.8% (+/-15.3)** of those who drive to work on their own have a commute that is more than 30 minutes (2009-2013)⁸
- **0-9** deaths were from a drug overdose between 2009-2013⁹

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

- **7,082** people increased knowledge of lifestyle changes to improve personal health.
- **7,054** children and youth learned to eat more healthy food.

SOCIAL WELL-BEING

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

- **32.2% (+/-5.5)** of households included one or more persons age 65 and over
- **66 (+/-62)** grandparents lived with and were responsible for their own grandchildren
- **33.2% (+/-16.2)** of children under 6 years and **71.5% (+/-13.5)** of children 6-17 years had all parents in the labor force
- **28 (+/-20)** of those age 5 and older spoke a language other than English at home
- **244 (+/-98)** civilian veterans lived in Owsley County⁴

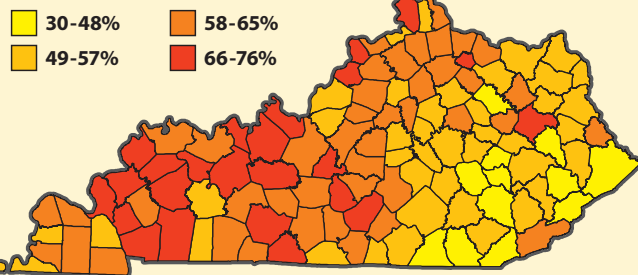
In Owsley County:

- **27.1% (38.8%-17.9%)** of adults ages 18+ reported they did not receive sufficient social-emotional support between 2006-12⁷
- **54** children were determined to have been victims of child abuse or neglect in 2013¹⁰
- **62.6%** of those registered to vote did so in the 2014 General Election¹¹

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

- **1,063** adults reported increased leadership skills, knowledge or confidence.
- **8,266** 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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