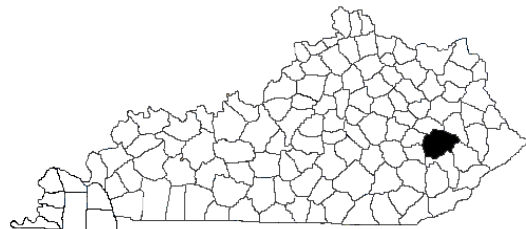


# Building Strong Families for Kentucky

## ..... in Breathitt County

Martha Yount, County Extension Agent,  
Family and Consumer Sciences



Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Breathitt County resulting in strong families for Kentucky. Educational programs focus on:

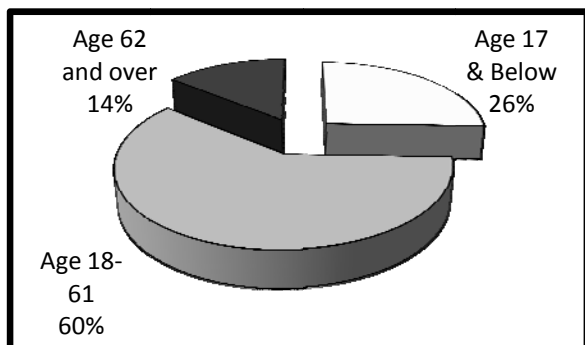
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **9,435** contacts with Breathitt County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **16,100**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=16,100)



### Spotlight on . . .

#### ***Promoting Healthy Homes and Communities***



Each year, kitchen fires in the home take lives and destroy property in almost every community. Forty-seven Extension Homemaker Leaders in eight counties attended a leader training on kitchen fire safety, where they learned ways to both prevent and control kitchen fires, and to know when to evacuate. Each session ended by allowing the homemakers to actually discharge a fire extinguisher on loan from the local Fire Department. These leaders returned to their clubs and shared the lesson with an estimated 235 additional Extension Homemakers, as well as numerous family members and friends.<sup>1</sup>

## Our Families

Using data from the 2000 U.S. Census, Breathitt County families can be described as follows:<sup>2</sup>

- **4,552** families reside in the county.
- **1,279** families (**28.1%**) live below poverty level.
- Median family income is **\$23,271**.
- **181** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **5,082** people in Breathitt County receive food stamps. The average family food stamp benefit is **\$181.13** per month.<sup>3</sup>

In the county, **91** children live in out-of-home care.<sup>4</sup> In 2004, there were **66** incidents of adult abuse and **155** incidents of child abuse.<sup>5</sup>

### *As a result of participation in Breathitt County Extension programs:*<sup>1</sup>

- **200** adults and youth improved their ability to make informed and effective decisions.
- **105** people increased their knowledge and skills related to parenting and personal relationships.
- **212** people used safe practices to store, handle and prepare food.
- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Breathitt County was **7.7%**. This represented a **12%** increase from the September 2007 level of **6.9%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Breathitt County, 90-day mortgage delinquency rates have increased by **6%** and **2.24%** of bank cards are 60-days delinquent.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Breathitt County, **21%** of the people under age 65 are uninsured.<sup>8</sup>

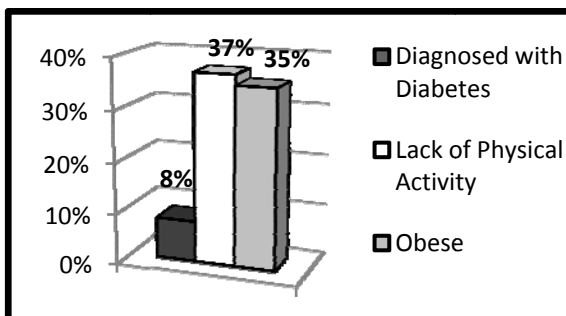
### *As a result of participation in Breathitt County Extension programs:*<sup>1</sup>

- **122** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **56** people were involved in addressing issues of their community.
- **145** people adopted money management practices to reduce debt and/or increase savings.

## Our Health

The health of our people contributes to quality of life. The chart below illustrates health risks of adults in Breathitt County.

Figure 2. Health Risks.<sup>8</sup>



### *As a result of participation in Breathitt County Extension programs:*<sup>1</sup>

- **866** people made lifestyle changes to improve physical health.
- **55** people implemented new practices to maintain health and well-being.
- **675** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

### Sources

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.  
<sup>2</sup> U.S. Bureau of the Census, Census 2000.  
<sup>3</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.  
<sup>4</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.  
<sup>5</sup> Kentucky Department for Public Health, County Health Priorities, 2004.

<sup>6</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

<sup>7</sup> TransUnion LLC., Trend Data, Quarter 1 2008.

<sup>8</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.