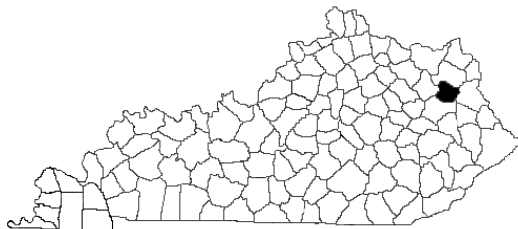


Building Strong Families for Kentucky

..... in Elliott County

Gwenda Adkins, 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 Elliott County resulting in strong families for Kentucky. Educational programs focus on:

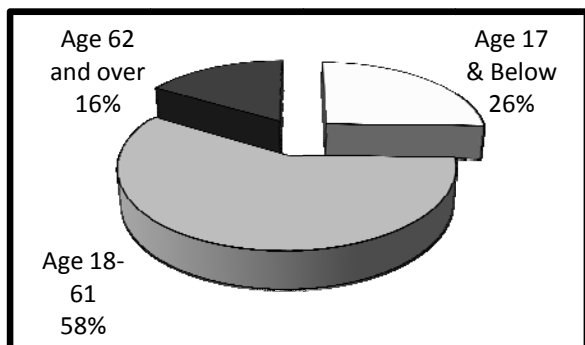
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **11,740** contacts with Elliott County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **6,748**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=6,748)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Obesity is Elliott County's number one health problem. Obesity and lack of physical movement are related to an increase in cardiovascular disease, diabetes, stroke, and other health disorders. To battle the obesity epidemic, "Get Moving Kentucky" was offered by the FCS agent. Weight control and several different exercises that can be done in the home during winter were taught. Twenty-four people completed the eight week program with a total of 132 pounds lost by the group.¹

Our Families

Using data from the 2000 U.S. Census, Elliott County families can be described as follows:²

- **1,919** families reside in the county.
- **400 families (20.8%)** live below poverty level.
- Median family income is **\$27,125**.
- **82** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,041** people in Elliott County receive food stamps. The average family food stamp benefit is **\$207.60** per month.³

In the county, **14** children live in out-of-home care.⁴ In 2004, there were **23** incidents of adult abuse and **61** incidents of child abuse.⁵

*As a result of participation in Elliott County Extension programs:*¹

- **100%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.
- **84** people used safe practices to store, handle and prepare food.
- **67** people expanded their knowledge of economic development.
- **592** people gained knowledge about safe storage, handling and preparation of food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Elliott County was **8.7%**. This represented a **30%** increase from the September 2007 level of **6.7%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Elliott County, **2.01%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **1** foreclosure was filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Elliott County, **18%** of the people under age 65 are uninsured.⁹

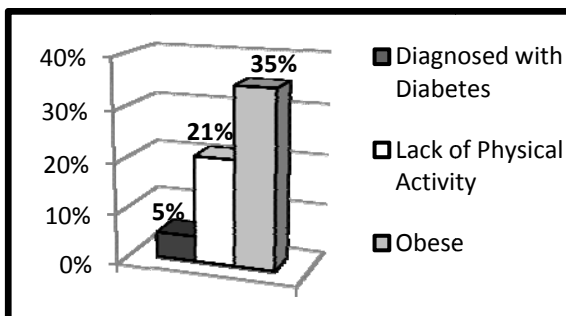
*As a result of participation in Elliott County Extension programs:*¹

- **910** citizens enhanced their leadership skills by participation in leadership programs.
- **205** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **124** people were involved in addressing issues of their community.

Our Health

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

Figure 2. Health Risks.⁹



*As a result of participation in Elliott County Extension programs:*¹

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

Sources

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

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.