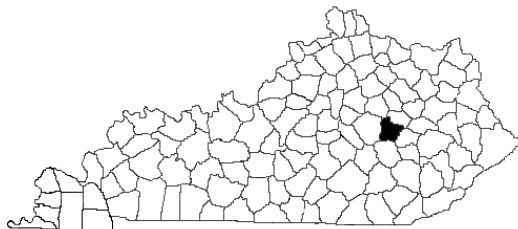


Building Strong Families for Kentucky

..... in Estill County

(Currently Vacant), 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 Estill County resulting in strong families for Kentucky. Educational programs focus on:

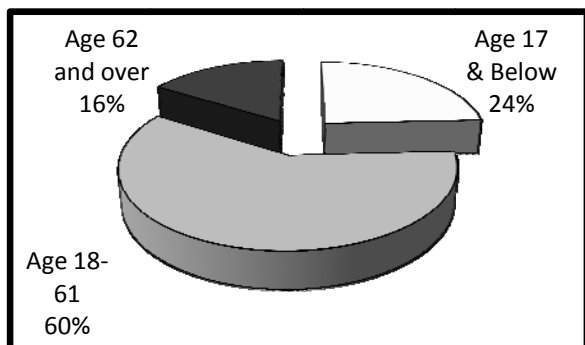
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **16,257** contacts with Estill County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **15,307**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=15,307)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Research indicates that 2/3 of our population is carrying excess weight that increases heart disease, stroke, cancer and diabetes. For the past 2 years, the Estill Co. FCS Agent continued the "Get Moving" efforts to encourage physical activity of residents. The first year participants walked 1,200 miles as a group every Thursday April through October. The 2nd year participants walked 3,500 miles as a group every Thursday from February through June. Success stories showed cases of weight loss, lower blood pressure, lower blood sugar, lower cholesterol and overall improvement of self esteem.¹

Our Families

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

- **4,445** families reside in the county.
- **1,002 families (22.5%)** live below poverty level.
- Median family income is **\$27,284**.
- **138** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,298** people in Estill County receive food stamps. The average family food stamp benefit is **\$219.47** per month.³

In the county, **32** children live in out-of-home care.⁴ In 2004, there were **20** incidents of adult abuse and **78** incidents of child abuse.⁵

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

- **200** people increased their knowledge and skills related to parenting and personal relationships.
- **200** people adopted money management practices to reduce debt and/or increase savings.
- **300** people used safe practices to store, handle and prepare food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Estill County was **7.1%**. This represented a **22%** increase from the September 2007 level of **5.8%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Estill County, 90-day mortgage delinquency rates have increased by **21%** and 60-day bank card delinquency rates have increased by **97%**.⁷ In a six-month period (May through October 2008), **10** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Estill County, **15%** of the people under age 65 are uninsured.⁹

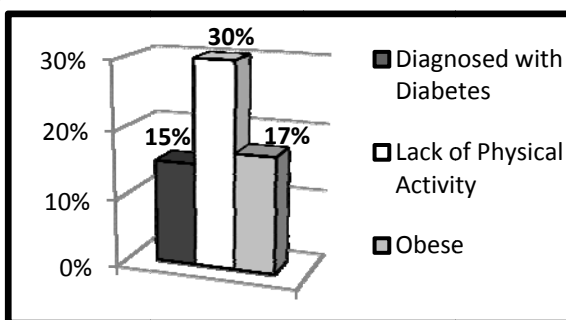
As a result of participation in Estill County Extension programs:¹

- **140** people expanded their knowledge of economic development.
- **290** citizens enhanced their leadership skills by participation in leadership programs.
- **473** people were involved in addressing issues of their community.
- Estill County Extension is involved in **27** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **400** people implemented new practices to maintain health and well-being.
- **170** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **500** 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.