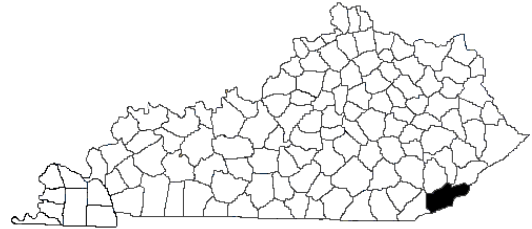


Building Strong Families for Kentucky

. . . . in Harlan County

Theresa G. Howard, 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 Harlan County resulting in strong families for Kentucky. Educational programs focus on:

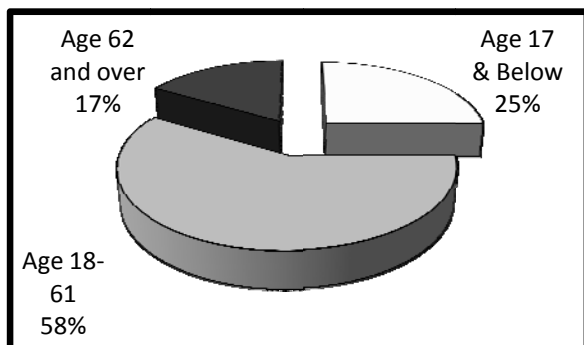
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **43,983** contacts with Harlan County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **33,202**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=33,202)



Spotlight on . . .

Accessing Nutritious Food



"Gardening 101," through meetings held in four different locations, taught the basics of both gardening and food preservation. Sixty-three participants attended these programs obtaining information in basic gardening, soil testing, fertilization, as well as canning, freezing, and drying of foods. Twenty-five percent of those attending were first time participants in an Extension program. At Pine Mountain Settlement School, they have become interested in producing, serving and selling their own food resulting in a need for the micro-processing training offered by through FCS Extension.¹

Our Families

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

- **9,417** families reside in the county.
- **2,737** families (**29.1%**) live below poverty level.
- Median family income is **\$23,536**.
- **401** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **9,530** people in Harlan County receive food stamps. The average family food stamp benefit is **\$211.46** per month.³

In the county, **64** children live in out-of-home care.⁴ In 2004, there were **7** incidents of adult abuse and **154** incidents of child abuse.⁵

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

- **4,764** food stamp eligible or recipient families consumed more fruits and vegetables daily.
- **185** people increased their knowledge and skills related to parenting and personal relationships.
- **58** adult, dependent, and child care providers increased their care giving knowledge.
- **125** people adopted money management practices to reduce debt and/or increase savings.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Harlan County was **9.2%**. This represented a **2%** decrease from the September 2007 level of **9.4%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Harlan County, **0.81%** of mortgages are 90-days delinquent and **2.01%** of bank cards are 60-days delinquent.⁷ In a six-month period (May through October 2008), **23** foreclosures were filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Harlan County, **20%** of the people under age 65 are uninsured.⁹

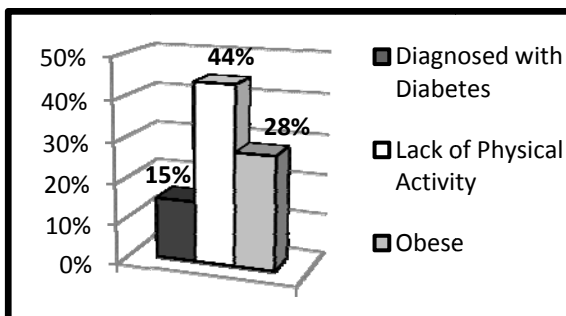
As a result of participation in Harlan County Extension programs:¹

- **425** citizens enhanced their leadership skills by participation in leadership programs.
- Harlan County Extension is involved in **52** community coalitions.
- **72** 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 Harlan County.

Figure 2. Health Risks.⁹



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

- **425** people made lifestyle changes to improve physical health.
- **585** people implemented new practices to maintain health and well-being.
- **1,680** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.

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.