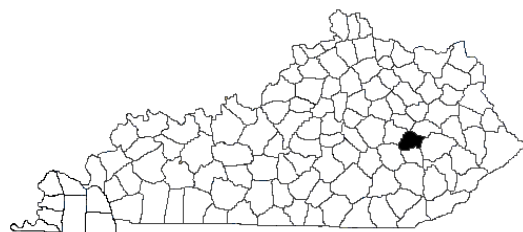


Building Strong Families for Kentucky

..... in Lee County

Crystal Osborne, 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 Lee County resulting in strong families for Kentucky. Educational programs focus on:

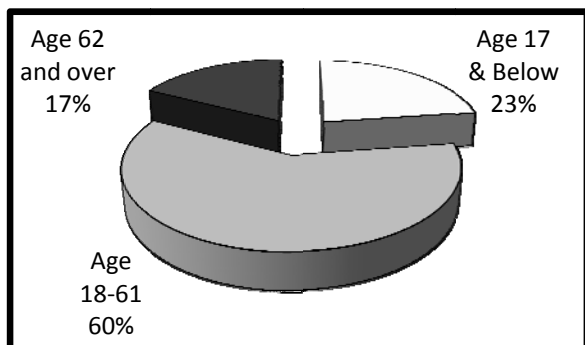
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **8,905** contacts with Lee County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **7,916**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=7,916)



Spotlight on . . .

Making Beneficial Lifestyle Choices



Lee County is considered one of Kentucky's least healthy counties, ranked 115th of 120. The FCS agent collaborated with the Lee County School system to implement the Jump into Food and Fitness curriculum to all fourth grade students. The curriculum was used as a school enrichment program to teach sixty-five youth the importance of making healthy food choices and being physically active. Participants planned and prepared a Thanksgiving meal using correct serving sizes and My Pyramid to incorporate all of the food groups. Sixty-six percent of the students reported adopting one new nutrition habit.¹

Our Families

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

- **2,144** families reside in the county.
- **540 families (25.2%)** live below poverty level.
- Median family income is **\$24,918**.
- **96** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,609** people in Lee County receive food stamps. The average family food stamp benefit is **\$181.88** per month.³

In the county, **44** children live in out-of-home care.⁴ In 2004, there were **23** incidents of adult abuse and **45** incidents of child abuse.⁵

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

- **32** people increased their knowledge and skills related to parenting and personal relationships.
- **78** adult, dependent, and child care providers increased their care giving knowledge.
- **8** people adopted money management practices to reduce debt and/or increase savings.
- **44** 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 Lee County was **6.8%**. This represented a **10%** increase from the September 2007 level of **6.2%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lee County, **0.88%** of mortgages are 90-days delinquent and **1.51%** of bank cards are 60-days delinquent.⁷

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

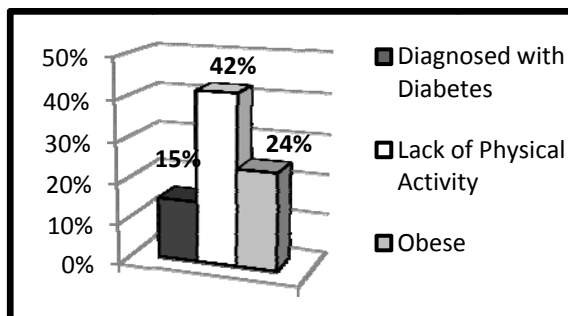
As a result of participation in Lee County Extension programs:¹

- **75** adults or youth improved their ability to make informed and effective decisions.
- **81** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **35** 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 Lee County.

Figure 2. Health Risks.⁸



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

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

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