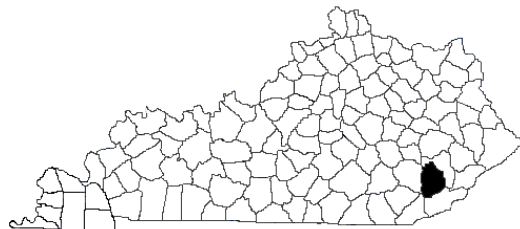


# Building Strong Families for Kentucky

## ..... in Leslie County

Nanette Banks, 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 Leslie County resulting in strong families for Kentucky. Educational programs focus on:

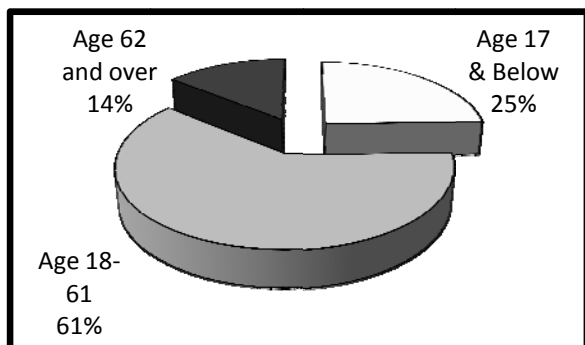
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **20,829** contacts with Leslie County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **12,401**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=12,401)



### Spotlight on . . .

## ***Making Beneficial Lifestyle Choices***



The FCS agent collaborated with the Leslie County school system and COLLY (County Of Leslie Lifting Youth) to promote dental health to 800 first, second, and third grade students. The youth were presented two lessons on the importance of taking care of their teeth and how nutrition was relevant to the overall health of their teeth. A packet of oral health information was given to each student. Students tracked their brushing and flossing habits for one month. The completed forms indicated that 89% of the students reported brushing or rinsed their mouths out twice a day, flossing one time per day, and eating at least 1 healthy snack per day.<sup>1</sup>

## Our Families

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

- **3,717** families reside in the county.
- **1,121 families (30.2%)** live below poverty level.
- Median family income is **\$22,225**.
- **126** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **3,791** people in Leslie County receive food stamps. The average family food stamp benefit is **\$192.54** per month.<sup>3</sup>

In the county, **61** children live in out-of-home care.<sup>4</sup> In 2004, there were **22** incidents of adult abuse and **64** incidents of child abuse.<sup>5</sup>

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

- **150** people increased their knowledge and skills related to parenting and personal relationships.
- **85** adult, dependent, and child care providers increased their care giving knowledge.
- **142** people adopted money management practices to reduce debt and/or increase savings.
- **230** 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 Leslie County was **8.5%**. This represented a **4%** increase from the September 2007 level of **8.2%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Leslie County, 90-day mortgage delinquency rates have increased by **13%** and **2.43%** of bank cards are 60-days delinquent.<sup>7</sup> In a six-month period (May through October 2008), **2** foreclosures were filed.<sup>8</sup>

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

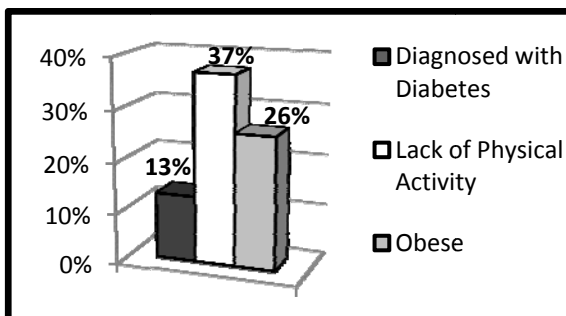
### ***As a result of participation in Leslie County Extension programs:***<sup>1</sup>

- **492** adults or youth improved their ability to make informed and effective decisions.
- **170** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Leslie County Extension is involved in **28** community coalitions.

## Our Health

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

Figure 2. Health Risks.<sup>9</sup>



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

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

### **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 Administrative Office of the Courts, November, 2008.

<sup>9</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.