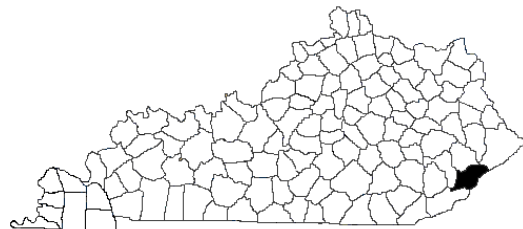


# Building Strong Families for Kentucky

## ..... in Letcher County

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Family and Consumer Sciences



Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Letcher County resulting in strong families for Kentucky. Educational programs focus on:

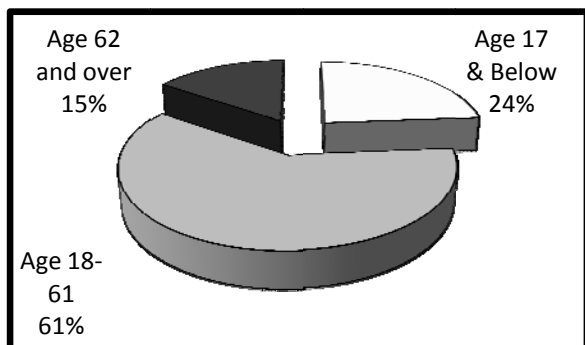
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **8,728** contacts with Letcher County families during 2007-2008.<sup>1</sup>

### Our People

The 2000 U.S. Census reported total population as **25,277**.<sup>2</sup> The graph below indicates the percentage by age group.

Figure 1. Population by Age Group<sup>2</sup> (n=25,277)



### Spotlight on . . .

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



Diabetes is a very common health problem in the local area, but it is generally manageable with the proper diet, health practices, and medications. A "Diabetics Can Party, Too" cooking school was planned by the FCS agent and the District Health Department dietitian to show there are delicious foods that will fit the guidelines of the diabetic health plan, but still be more "party-like." Approximately 100 participants attended the 4 events with 54 participants from Letcher County. The committee members shared nutrition and food preparation information, health tips, and prepared and served 7 recipes of a variety of foods.<sup>1</sup>

## Our Families

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

- **7,467** families reside in the county.
- **1,769** families (**23.7%**) live below poverty level.
- Median family income is **\$24,869**.
- **239** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **6,652** people in Letcher County receive food stamps. The average family food stamp benefit is **\$202.79** per month.<sup>3</sup>

In the county, **104** children live in out-of-home care.<sup>4</sup> In 2004, there were **72** incidents of adult abuse and **235** incidents of child abuse.<sup>5</sup>

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

- **287** people adopted money management practices to reduce debt and/or increase savings.
- **165** people gained knowledge about safe storage, handling, and preparation of food.
- **92** people used safe practices to store, handle, and prepare food.
- **92%** of food stamp recipients or eligible recipients enrolled in the nutrition education program improved their diet.

## Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Letcher County was **7.2%**. This represented a **3%** decrease from the September 2007 level of **7.4%**.<sup>6</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Letcher County, 90-day mortgage delinquency rates have increased by **79%** and 60-day bank card delinquency rates have increased by **16%**.<sup>7</sup>

Access to health insurance is another important factor contributing to family well-being. In Letcher County, **16%** of the people under age 65 are uninsured.<sup>8</sup>

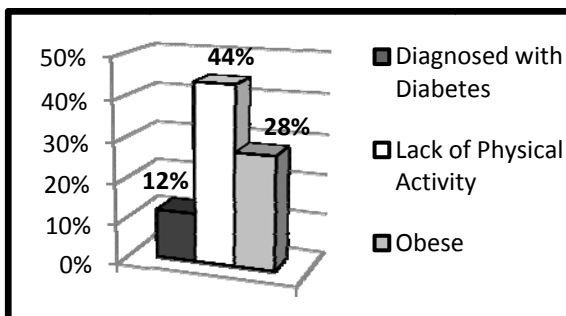
### *As a result of participation in Letcher County Extension programs:<sup>1</sup>*

- **995** adults or youth improved their ability to make informed and effective decisions.
- **224** citizens enhanced their leadership skills by participating in leadership programs.
- Letcher County Extension is involved in **49** community coalitions.

## Our Health

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

Figure 2. Health Risks.<sup>8</sup>



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

- **650** people gained knowledge and skills to make lifestyle changes to improve their health.
- **208** people implemented new practices to maintain their health and well-being.
- **470** people made lifestyle changes to improve physical health.

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