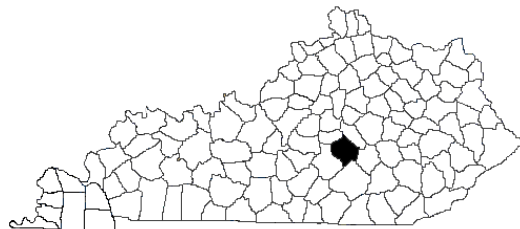


Building Strong Families for Kentucky

..... in Lincoln County

Rita Stewart, 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 Lincoln County resulting in strong families for Kentucky. Educational programs focus on:

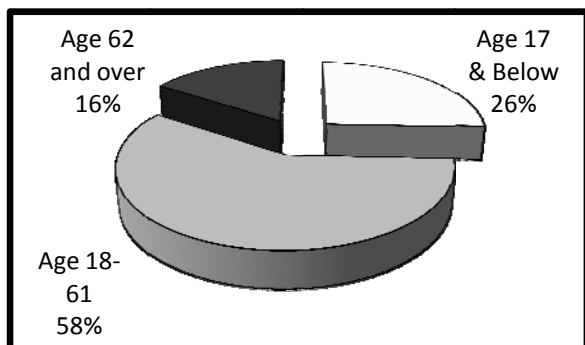
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **19,988** contacts with Lincoln County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **23,361**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=23,361)



Spotlight on . . .

Embracing Life as You Age



An average day of walking exerts hundreds of pounds of pressure on each foot, thus learning to take care of our feet is important for general overall health. The Lincoln County Extension Agent for Family and Consumer Sciences taught a Cooperative Extension program entitled "Getting to Know Your Feet" in eight counties. A total of 89 people participated in the trainings, while more than 1,200 Extension Homemaker members received the information. Before the training, roughly half of the participants knew the guidelines for selecting shoes appropriately. After the training, the majority of participants could describe daily tips for keeping their feet healthy, how diabetes affects the feet, and how to pre-treat foot and ankle injuries. After the training, participants could better describe the foot anatomy and describe some common foot ailments.¹

Our Families

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

- **6,759** families reside in the county.
- **1,107 families (16.4%)** live below poverty level.
- Median family income is **\$32,284**.
- **188** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **4,483** people in Lincoln County receive food stamps. The average family food stamp benefit is **\$215.79** per month.³

In the county, **95** children live in out-of-home care.⁴ In 2004, there were **62** incidents of adult abuse and **106** incidents of child abuse.⁵

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

- **75** people increased their knowledge and skills related to parenting and personal relationships.
- **18** adult or child care providers increased their knowledge base on giving dependent care.
- **325** people used safe practices to store, handle and prepare food.
- **475** people gained knowledge about safe storage, handling and preparation of food.

Our Community

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Lincoln County was **7.6%**. This represented a **33%** increase from the September 2007 level of **5.7%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lincoln County, 90-day mortgage delinquency rates have increased by **5%** and 60-day bank card delinquency rates have increased by **215%**.⁷ In a six-month period (May through October 2008), **1** foreclosure was filed.⁸

Access to health insurance is another important factor contributing to family well-being. In Lincoln County, **16%** of the people under age 65 are uninsured.⁹

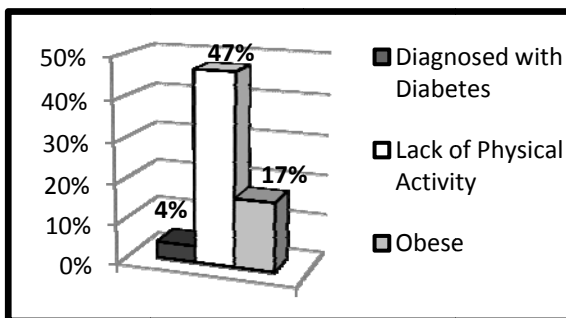
As a result of participation in Lincoln County Extension programs:¹

- **750** youth or adults improved their ability to make informed and effective decisions in their lives.
- **225** citizens enhanced their leadership skills by participating in leadership programs.
- Lincoln County Extension is involved in **40** community coalitions.

Our Health

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

Figure 2. Health Risks.⁹



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

- **600** people made lifestyle changes to improve physical health.
- **260** people implemented new practices to maintain their health and well-being.
- **50** 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.