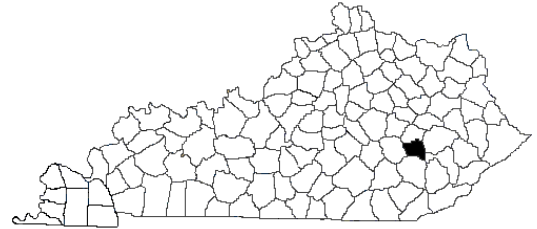


Building Strong Families for Kentucky

..... in Owsley County

Natasha Lucas, 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 Owsley County resulting in strong families for Kentucky. Educational programs focus on:

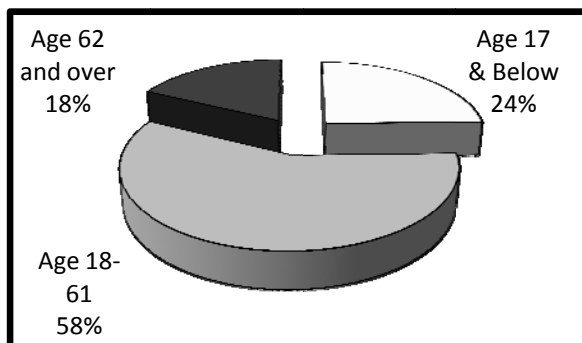
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **25,647** contacts with Owsley County families during 2007-2008.¹

Our People

The 2000 U.S. Census reported total population as **4,858**.² The graph below indicates the percentage by age group.

Figure 1. Population by Age Group² (n=4,858)



Spotlight on . . .

Securing Financial Stability



The FCS Extension agent assisted Spools & Ink, a local embroidery business, to expand into a sublimation and screenprinting business. In addition to assisting the owner with the paperwork required to become a legitimate business, advertising and marketing trainings have been provided. After attending an E-commerce training with the FCS agent, the business owner is now developing a web presence with more knowledge of how consumers search for an embroidery business. The business has nearly doubled in size, added two new lines of products and has moved the business from a home-based operation to a store front.¹

Our Families

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

- **1,408** families reside in the county.
- **587 families (41.7%)** live below poverty level.
- Median family income is **\$18,034**.
- **140** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **2,248** people in Owsley County receive food stamps. The average family food stamp benefit is **\$176.15** per month.³

In the county, **11** children live in out-of-home care.⁴ In 2004, there were **10** incidents of adult abuse and **66** incidents of child abuse.⁵

*As a result of participation in Owsley County Extension programs:*¹

- **787** people increased their knowledge and skills related to parenting and personal relationships.
- **35** adult, dependent, and child care providers increased their care giving knowledge.
- **1,265** people used safe practices to store, handle, and prepare food.
- **97%** 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 Owsley County was **8.2%**. This represented a **5%** decrease from the September 2007 level of **8.6%**.⁶

Access to health insurance is another important factor contributing to family well-being. In Owsley County, **25%** of the people under age 65 are uninsured.⁸

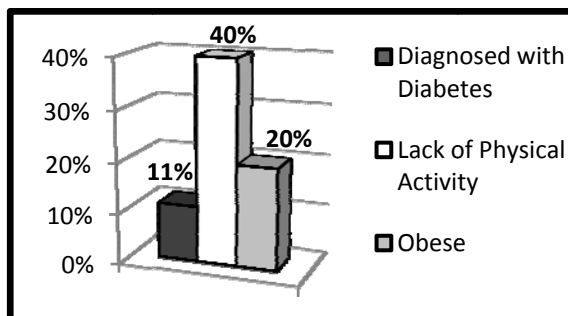
*As a result of participation in Owsley County Extension programs:*¹

- **417** people adopted money management practices to reduce debt and/or increase savings.
- **1,010** adults or youth improved their ability to make informed and effective decisions.
- **428** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- Owsley County Extension is involved in **50** community coalitions.

Our Health

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

Figure 2. Health Risks.⁸



*As a result of participation in Owsley County Extension programs:*¹

- **175** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **2,356** people made lifestyle changes to improve physical health.
- **2,417** 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.