

HARLAN COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2012



OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Harlan County. As the current economic situation continues to create challenges, educational programs focus on:

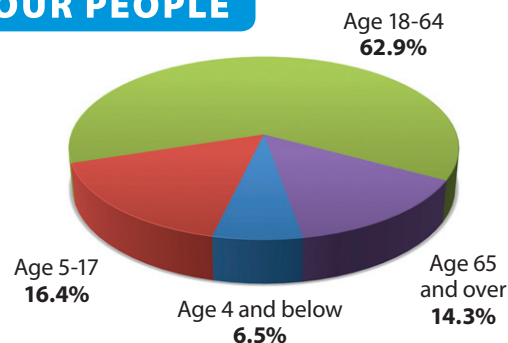
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities.

In 2010-2011, Family and Consumer Sciences Extension made **22,426** contacts with Harlan County individuals and families.²

OUR PEOPLE

Population by Age Group¹

The 2010 U.S. Census reported total population in Harlan County as **29,278**.¹



SPOTLIGHT ON ...

ACCESSING NUTRITIOUS FOODS

In these tough economic times, with increasing prices of food and gas, more people are gardening and preserving their garden foods. Fifty-six individuals attended an evening workshop on food preservation taught by the Harlan County Family and Consumer Sciences Extension Agent and Assistant. The participants learned proper and safe techniques for canning, freezing, and drying. The participants gained hands-on skills to better understand the principles behind the various food preservation techniques. Importance of following proper instructions to address the food safety issues for home food preservation was addressed. Relevant UK Extension publications were provided to all participants. 80% said that they learned the importance of proper canning procedures.

OUR FAMILIES

According to the 2010 Census,¹ of families in Harlan County with their own children...

- **68.5%** are husband-wife families
- **31.5%** are single parent families

In addition, there are:

- **11,789** households
- **3,791** households with 1 or more persons under the age of 18
- **901** grandchildren under 18 years old who live with a grandparent householder
- **3,177** households with at least one person age 65 and over



As a result of participation in Harlan County Extension programs:²

- **1,560** people increased knowledge of lifestyle changes to improve personal health.
- **150** people increased knowledge of parenting and personal relationships.
- **675** people increased knowledge of safe storage, handling and food preparation.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Harlan County was **\$26,356**.³

The number of children in poverty in Harlan County was **3,170** compared to **3,145** in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Harlan County is **10,196** in 2011.⁴

As a result of participation in Harlan County Extension programs:²

- **1,150** people increased leadership knowledge and skills.
- **260** people improved communication skills to address community issues.
- **305** people developed skills to access affordable food.

OUR ECONOMY

According to the 2010 American Community Survey 5-year estimates,⁶ between 2005 and 2009 in Harlan County it is estimated that...

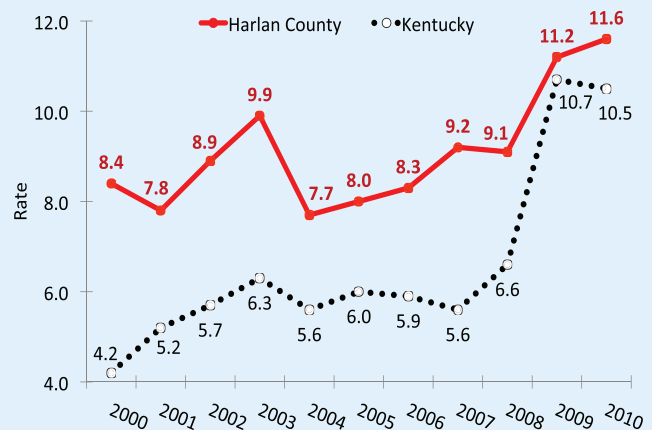
- **29.2%** (+/- **4.2**) are married-couple families with both husband and wife in the labor force
- **22.4%** (+/- **8.5**) are children under 6 years old with all parents in the labor force
- **19.2%** (+/- **4.4**) are people 65 years and over below poverty level during the past 12 months

As a result of participation in Harlan County Extension programs:²

- **70** people increased knowledge of economic and enterprise development.
- **300** people adopted money management practices to reduce debt and increase savings.
- **1,000** people demonstrated increased practical living skills.

Average Annual Unemployment Rate⁵

(not seasonally adjusted)



SOURCES

- ¹ U.S. Census Bureau, 2010 Decennial Census.
- ² Kentucky Cooperative Extension Service, Impact Reporting, FY2011.
- ³ U.S. Census Bureau, Small Area Income and Poverty Estimates.
- ⁴ Kentucky Cabinet for Health and Family Services, Databook, June 2011.
- ⁵ Bureau of Labor Statistics, Local Area Unemployment Statistics.
- ⁶ U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates.