



LESLIE COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

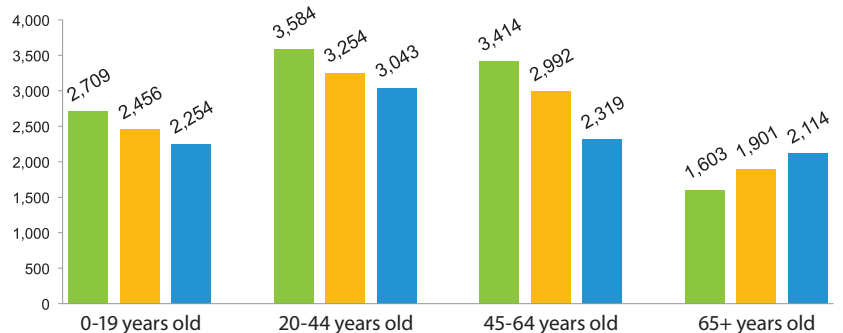
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Leslie County. To help families make wise decisions, our educational programs focus on:

- **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 2012-2013, Family and Consumer Sciences Extension made **12,304** contacts with Leslie County individuals and families.²

OUR PEOPLE

Leslie County projected population¹



SPOTLIGHT ON ...

OWNING YOUR DIABETES

According to www.kentuckyhealthfacts.org, approximately 11 percent of adults in Leslie County have been diagnosed with diabetes. The rate of diabetes is impacted by multiple factors, including obesity, lack of physical activity, high blood pressure, and high cholesterol. To educate individuals and family members of individuals diagnosed with diabetes, the Leslie County FCS agent offered the 10-week program, "Taking Ownership of Your Diabetes." Lessons included such topics as: diabetes management, A1C testing, blood pressure, heart disease, and physical activity. Thirteen people participated in the program. At the conclusion of the program, 87 percent of participants reported an increase in compliance with their prescribed diet and medications, goal setting, and achievement of one or more goals in relation to their diabetes.

<http://hes.uky.edu/StrongFamilies>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Leslie County...

- **17.2%** (+/- 6.4) of families with children were below poverty
- **15.9%** (+/- 8.0) of those ages 65 and over were below poverty
- **20.0%** (+/- 4.3) of households had retirement income
- **8.1%** (+/- 2.5) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Leslie County had **423** people, **91** children and **53** seniors with low access to a supermarket or large grocery store.*

In addition, **212** residents had **both** low income **and** low access to stores.

As a result of participating in Leslie County Extension programs:²

- **1,182** people demonstrated an increase in practical living skills.
- **82** people utilized healthy food delivery systems and access points.
- **197** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Leslie County had:

- **4** Grocery stores (any kind)⁵
 - **3** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **5** Gasoline stations with convenience stores⁵

In the county, there were:

- **9** Roadside markets that served the county⁶
- **0** Farmers market locations⁷
- **26** SNAP** authorized stores (food stamps)⁴
- **14** WIC*** authorized stores⁴

In 2011, there were **\$163,137.44** in SNAP redemptions/per SNAP authorized store in Leslie County.⁴

As a result of participating in Leslie County Extension programs:²

- **1,180** people increased knowledge of healthy food consumption.
- **775** people implemented practices for safe storage, handling, and preparation of food.
- **775** people reported eating more healthy foods.

FOOD ASSISTANCE

In Leslie County...

- **1,037** was the average monthly number of children who received SNAP** (food stamps) in 2011, down from **1,169** children in 2007 (**down 11.3%**).⁹
- **65.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **2,180** SNAP cases and the monthly SNAP benefit level was **\$254.67**.⁸

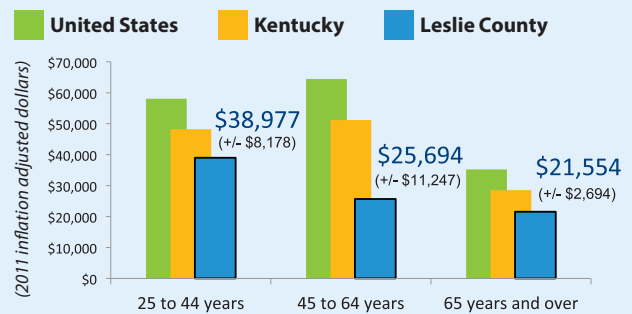
Leslie County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Leslie County Extension programs:²

- **187** people adopted practices to increase food access and affordability.
- **775** youth increased their knowledge of healthy food consumption.
- **172** people made lifestyle changes to improve their health.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Leslie County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce. County Business Patterns. 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services. Data Book. June, 2013. http://chfs.ky.gov/dcbcs/data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- ^{*} Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
- ^{**} Supplemental Nutrition Assistance Program
- ^{***} The Special Supplemental Nutrition Program for Women, Infants and Children