Building Strong Families for Kentucky

. . . . . in Lyon County
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Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families in Lyon 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 24,707 contacts with Lyon County families during 2007-2008.¹

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**Our People**

The 2000 U.S. Census reported total population as 8,080.² The graph below indicates the percentage by age group.

*Figure 1. Population by Age Group² (n=8,080)*

- Age 62 and over: 21%
- Age 17 & Below: 16%
- Age 18-61: 63%

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**Spotlight on . . .**

**Embracing Life as You Age**

According to the National Highway Traffic Safety Administration, older drivers made up 10% of the U.S. driving population in 2000. FCS Extension sponsored Driver's Safety Programs, providing eight hours of instruction to improve the driving skills of individuals aged 55+. In addition to improved "behind the wheel" skills, participants received an automobile insurance premium reduction as mandated by Kentucky law. A total of $33,125 in insurance premiums was saved by the 53 participants. In the past eight years, a total of 267 people participated in the Driver's Safety Programs sponsored by the FCS Extension enabling a total insurance savings impact of $166,875.¹
**Our Families**

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

- **2,072** families reside in the county.
- **212** families (10.2%) live below poverty level.
- Median family income is **$39,940**.
- **68** grandparents are responsible for the care of their grandchildren.

According to the Kentucky Cabinet for Health and Family Services, **637** people in Lyon County receive food stamps. The average family food stamp benefit is **$176.64** per month. 3

In the county, **2** children live in out-of-home care.4 In 2004, there were **15** incidents of adult abuse and **33** incidents of child abuse. 5

**As a result of participation in Lyon County Extension programs:** 4

- **100** people adopted money management practices to reduce debt and/or increase savings.
- **281** people gained knowledge about safe storage, handling, and preparation of food.
- **182** food stamp eligible or recipient families consumed more fruits and vegetables daily.

**Our Community**

Unemployment rates are a key economic indicator. In September 2008, the rate of unemployment in Lyon County was **7.8%**. This represented a **30%** increase from the September 2007 level of **6%**. 6

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lyon County, 90-day mortgage delinquency rates have increased by **9%** and 60-day bank card delinquency rates have increased by **56%**. 7 In a six-month period (May through October 2008), **10** foreclosures were filed. 8

Access to health insurance is another important factor contributing to family well-being. In Lyon County, 72% of the people under age 65 are uninsured. 9

**As a result of participation in Lyon County Extension programs:** 4

- **152** citizens enhanced their leadership skills by participating in leadership programs.
- **32** adults and youth utilized improved communication, problem solving, and group process skills to address community needs.
- **16** people were involved in addressing issues of their community.

**Our Health**

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

*Figure 2. Health Risks.* 9

![Health Risks Chart](chart.png)

- **33% 33%** Diagnosed with Diabetes
- **11%** Lack of Physical Activity
- **0%** Obese

**As a result of participation in Lyon County Extension programs:** 4

- **1,297** people gained knowledge and skills to make lifestyle changes to improve their health.
- **25** people increased their use of radon testers, smoke detectors, fire extinguishers, and other devices to ensure personal safety.
- **174** people made lifestyle changes to improve physical health.
- **200** people implemented new practices to maintain their health and well-being.

**Sources**

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.
7 TransUnion LLC., Trend Data, Quarter 1 2008.
9 Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.