



## LYON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY

## OUR FOCUS

► 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:

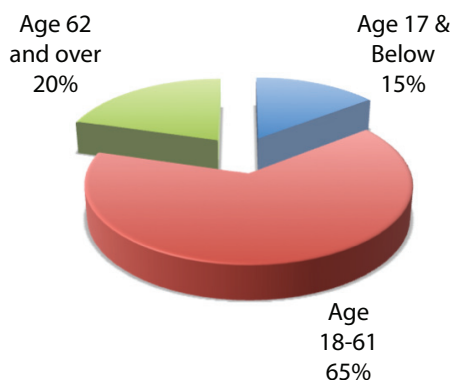
**Making Beneficial Lifestyle Choices**  
**Nurturing Families**  
**Embracing Life as You Age**  
**Securing Financial Stability**  
**Promoting Healthy Homes and Communities**  
**Accessing Nutritious Food**  
**Empowering Community Leaders**

Family and Consumer Sciences Extension made **25,040** contacts with Lyon County families during 2008-2009.<sup>1</sup>

## OUR PEOPLE

Figure 1. Population by Age Group<sup>2</sup> (n=8,080)

► 2008 estimates from the 2000 U.S. Census reported total population as **8,080**.<sup>2</sup> The graph on the right indicates the percentage by age group.



## SPOTLIGHT ON...

## MAKING BENEFICIAL LIFESTYLE CHOICES

The Pennyryle District Health Department reports 438 people in Lyon County have diagnosed diabetes and an estimated 146 persons have diabetes and don't know it. To promote healthier lifestyles, the University of Kentucky Cooperative Extension Service sponsored six lunch and learn programs, monthly newsletters and weekly news columns. Surveys of 109 adults indicated: as a result 82% reported reading food labels, 75% reported choosing foods that are lower in calories and high in nutritional value, 64% reported eating a broader variety of foods, 64% reported making healthier choices when eating out, 66% reported being very conscious of portion sizes and 59% made physical activity a part of their daily lifestyle. One individual reported losing 42 pounds.<sup>1</sup>



## OUR COMMUNITY

► Unemployment rates are a key economic indicator. In August 2009, the rate of unemployment in Lyon County was **12.8%**.<sup>3</sup>

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lyon County, **1.89%** of mortgages are 90-days delinquent and 60-day bank card delinquency rates have increased by **2.15%**.<sup>4</sup> In a one-year period (October 2008 through October 2009), **14** foreclosures were filed.<sup>5</sup>

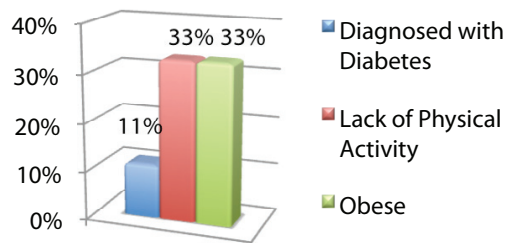
Access to health insurance is another important factor contributing to family well-being. In Lyon County, **12%** of the people under age 65 are uninsured.<sup>6</sup>

### As a result of participation in Lyon County Extension programs:<sup>1</sup>

- **145** people were involved in addressing issues of their community.
- **60** people were prepared to enter the work force.
- **72** people expanded their knowledge of economic development.

## 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.*<sup>6</sup>



### As a result of participation in Lyon County Extension programs:<sup>1</sup>

- **860** people increased knowledge of practices to maintain health and well-being.
- **141** people increase knowledge of safe practices to store, handle, and prepare food.
- **91** people developed skills to access affordable food.

## OUR FAMILIES

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

- **2,043** 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, **328** people in Lyon County receive food stamps. The average family food stamp benefit is **\$176.64** per month.<sup>7</sup>

In the county, **2** children live in out-of-home care.<sup>8</sup>

In 2005, there were **24** incidents of adult abuse and **36** incidents of child abuse.<sup>9</sup>

### As a result of participation in Lyon County Extension programs:<sup>1</sup>

- **75** adults and youth improved their ability to make informed and effective decisions.
- **50** people adopted money management practices to reduce debt and/or increase savings.
- **29** people increased their knowledge and skills related to parenting and personal relationships.

### SOURCES

<sup>1</sup> Kentucky Cooperative Extension Service, Impacting Reporting, FY2009.

<sup>2</sup> U.S. Bureau of the Census, Census 2000.

<sup>3</sup> Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, August 2009.

<sup>4</sup> TransUnion LLC., Trend Data, Quarter 1 2009.

<sup>5</sup> Kentucky Administrative Office of the Courts, November, 2009.

<sup>6</sup> Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.

<sup>7</sup> Kentucky Cabinet for Health and Family Services, Data Book, June 2008.

<sup>8</sup> Annie E. Casey Foundation, Kentucky KIDS COUNT, 2005.

<sup>9</sup> Kentucky Department for Public Health, County Health Priorities, 2004.