

LYON COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2011



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:

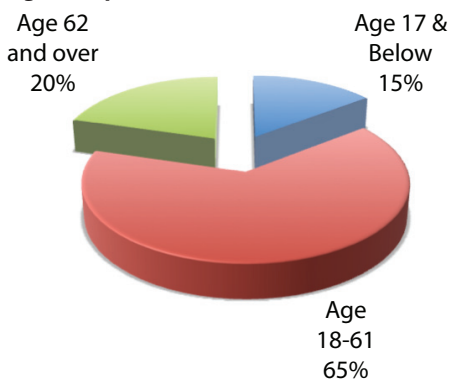
Making Beneficial Lifestyle Choices
Nurturing Families
Embracing Life as You Age
Securing Financial Stability
Promoting Healthy Homes and Communities
Accessing Nutritious Food
Empowering Community Leaders

Family and Consumer Sciences Extension made **25,876** contacts with Lyon County families during 2009-2010.¹

OUR PEOPLE

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

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



SPOTLIGHT ON...

MAKING BENEFICIAL LIFESTYLE CHOICES

Serious health issues such as diabetes, cancer, and obesity are of great concern in Lyon County. To improve the health of elementary-age youth, the University of Kentucky Cooperative Extension Service sponsored 18 classroom programs. Each program provided information on MyPyramid, food safety, the importance of breakfast, healthy snacking, dental hygiene, easy-to-fix foods, and physical fitness. Parents were surveyed to determine program impact, with 230 families of the 371 participating students responding. As a result of participation, 200 are more dedicated to breakfast; 187 are more dedicated to hand-washing; 154 are more interested in brushing or flossing their teeth; 150 are more likely to drink milk or eat calcium-rich foods; and 148 tried whole-grain foods.¹



OUR COMMUNITY

► Unemployment rates are a key economic indicator. In July 2010, the rate of unemployment in Lyon County was **9.7%**.⁶

Mortgage and bank card delinquency rates and foreclosure filings are important financial indicators of community well-being. In Lyon County, **2.1%** of mortgages are 90-days delinquent and **1.1%** of bank cards are 60-days delinquent.⁷ In a one-year period (August 2009 through August 2010), **22** foreclosures were filed.⁵

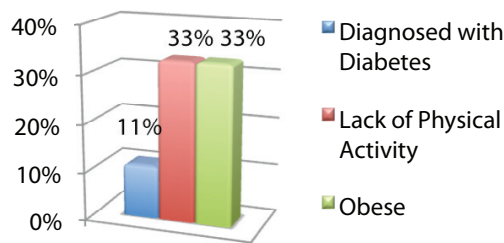
Access to health insurance is another important factor contributing to family well-being. In Lyon County, **12%** of the people under age 65 are uninsured.⁸

As a result of participation in Lyon County Extension programs:¹

- **107** people were involved in addressing issues of their community.
- **60** people were prepared to enter the work force.
- **49** people expanded their knowledge of economic development.
- Lyon County Extension is involved in **10** community coalitions.

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.**⁸



As a result of participation in Lyon County Extension programs:¹

- **650** people increased knowledge of practices to maintain health and well-being.
- **210** people increased knowledge of safe practices to store, handle, and prepare food.
- **134** 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:²

- **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, **349** people in Lyon County receive supplemental nutrition assistance. The average family benefit is **\$217.97** per month.³

In the county, **24** children live in out-of-home care.

There were **72** child victims of

substantiated abuse.⁴ There were **27** incidents of adult abuse.⁵

As a result of participation in Lyon County Extension programs:¹

- **193** adults and youth improved their ability to make informed and effective decisions.
- **400** adults and youth improved practical living skills.
- **60** people increased their knowledge and skills related to parenting and personal relationships.

SOURCES

¹ Kentucky Cooperative Extension Service, Impact Reporting, FY2010.

² U.S. Bureau of the Census, Census 2000. 2008 Estimates.

³ Kentucky Cabinet for Health and Family Services, Data Book, December 2008.

⁴ Annie E. Casey Foundation, Kentucky KIDS COUNT, 2009.

⁵ Kentucky Administrative Office of the Courts, September, 2010

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, July 2010.

⁷ TransUnion LLC., Trend Data, Quarter 1 2010.

⁸ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.