

LYON COUNTY

Family & Consumer Sciences

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 Lyon County. As the current economic situation continues to create challenges, educational programs focus on:

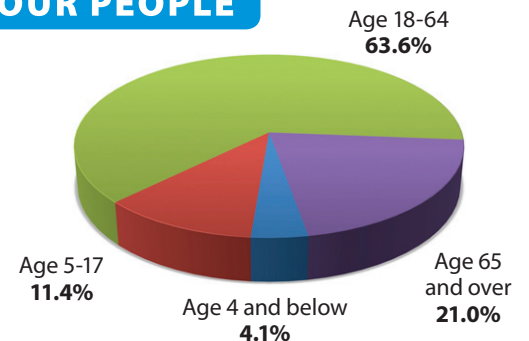
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy 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 **11,128** contacts with Lyon County individuals and families.²

OUR PEOPLE

Population by Age Group¹

The 2010 U.S. Census reported total population in Lyon County as **8,314**.¹



SPOTLIGHT ON ...

ACCESSING NUTRITIOUS FOODS

The Lyon County Cooperative Extension Service is committed to providing nutrition education programs to low income families and individuals. The goals of these programs are to educate families with young children and/or limited resources and SNAP-Ed clientele how to plan nutritious meals while on a limited budget, acquire safe food handling practices such as proper hand-washing techniques, improve food preparation skills, and change eating and physical activity behaviors to encourage better health, while raising awareness of chronic, food-related issues such as diabetes and obesity. As a result of these programs, 989 people were encouraged to access nutritious foods at local farmers markets and 1,536 youth were taught the basics of making nutritious food choices.

OUR FAMILIES

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

- **73.0%** are husband-wife families
- **27.0%** are single parent families

In addition, there are:

- **3,287** households
- **734** households with 1 or more persons under the age of 18
- **117** grandchildren under 18 years old who live with a grandparent householder
- **1,169** households with at least one person age 65 and over



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

- **1,150** people increased knowledge of lifestyle changes to improve personal health.
- **9** people decreased the amount of insurance premiums paid after participation in a safe older driving program.
- **115** people increased knowledge of safe storage, handling and food preparation.

OUR COMMUNITY

In 2009, the most recent data available, the median household income in Lyon County was **\$39,417**.³

The number of children in poverty in Lyon County was **251** compared to **234** in 2006.³

The total number of people receiving Supplemental Nutrition Assistance Program (SNAP) benefits in Lyon County is **875** in 2011.⁴

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

- **86** people increased leadership knowledge and skills.
- **32** people improved communication skills to address community issues.
- **10** 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 Lyon County it is estimated that...

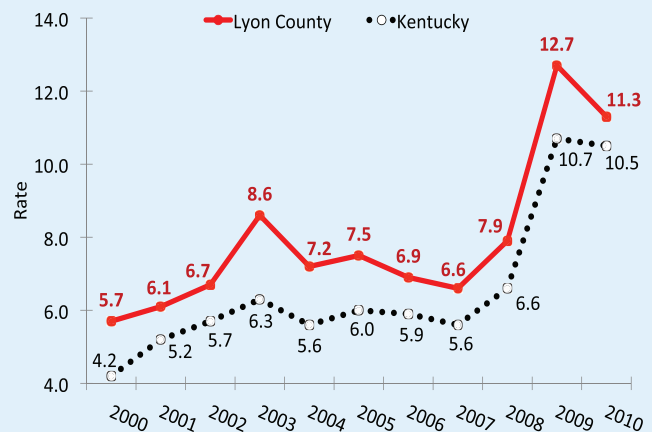
- **42.6%** (+/- **7.6**) are married-couple families with both husband and wife in the labor force
- **76.9%** (+/- **18.6**) are children under 6 years old with all parents in the labor force
- **8.5%** (+/- **3.5**) are people 65 years and over below poverty level during the past 12 months

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

- **12** people were involved in addressing issues of their community.
- **65** adults and youth improved their ability to make informed and effective decisions.
- **100** 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.