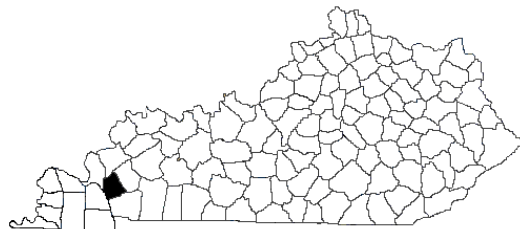


Building Strong Families for Kentucky

..... in Lyon County

Laura Wilson, County Extension Agent,
Family and Consumer Sciences



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:

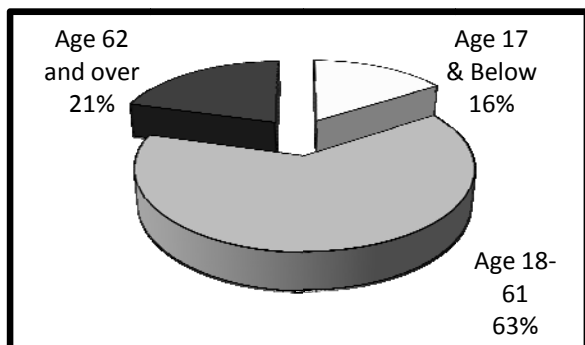
- Making Beneficial Lifestyle Choices***
- Nurturing Families***
- Embracing Life as You Age***
- Securing Financial Stability***
- Promoting Healthy Homes and Communities***
- Accessing Nutritious Food***
- Empowering Community Leaders***

Family and Consumer Sciences Extension made **24,707** contacts with Lyon County families during 2007-2008.¹

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)



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:¹

- **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, **12%** of the people under age 65 are uninsured.⁹

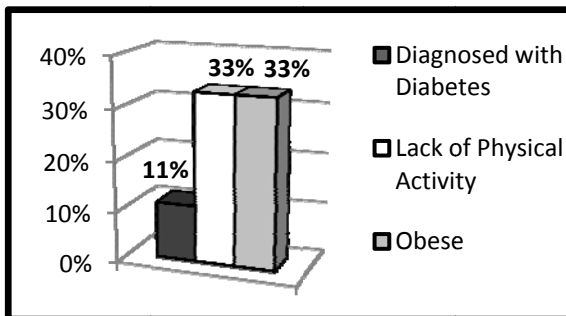
As a result of participation in Lyon County Extension programs:¹

- **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



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

- **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

¹ Kentucky Cooperative Extension Service, Impacting Reporting, FY2008.

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

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.

⁶ Kentucky Office of Employment and Training, Kentucky Labor Force Estimates, September 2008.

⁷ TransUnion LLC., Trend Data, Quarter 1 2008.

⁸ Kentucky Administrative Office of the Courts, November, 2008.

⁹ Kentucky Institute of Medicine, The Health of Kentucky: A County Assessment, 2007.