

LYON COUNTY

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2013

BUILDING STRONG FAMILIES FOR KENTUCKY



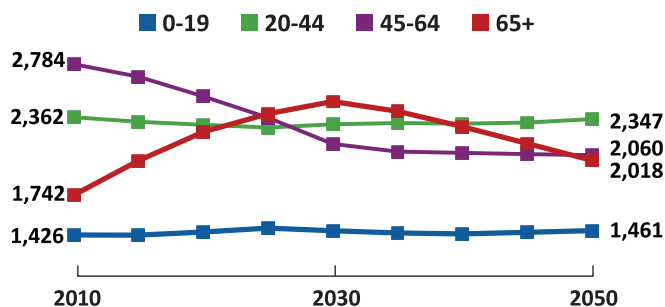
OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lyon County. To help families make wise decisions our 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

OUR PEOPLE

Population projections by age group for Lyon County¹



SPOTLIGHT ON ...

LYON COUNTY EXTENSION HOMEMAKERS: COMMUNITY LEADERS

Lyon County Extension Homemakers used their leadership skills to strengthen the organization's outreach to the community during the year. Homemaker Council members and Lyon County Cooperative Extension 4H Youth Development agent prioritized program focus and identified people who could effectively lead the programs. The Pretend Store Holiday project for 35 limited resource preschoolers was successful, especially in including men as volunteers to promote positive male role models. Members focused on providing food for hungry residents by volunteering at and supporting the local food bank. Extension Homemaker leaders also financially benefited local organizations through their efforts: A Community Yard Sale raised \$1,000 for the 4-H Camp Scholarship Fund and \$648 was raised with a dessert auction for support of the Pretend Store project.



OUR FAMILIES

According to the 2010 American Community Survey,³ between 2006 and 2010 it is estimated that in Lyon County:



- **25.9% (+/- 11.1)** families with related children were below poverty
- **11.0% (+/- 5.6)** of those over the age of 65 were below poverty

In addition:

- **25.2% (+/- 2.4)** of those ages 18-64 did not have health insurance in 2010⁴
- **114** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **904** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

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

- **91** people reported spending time in physical activity.
- **165** people increased their knowledge about healthy foods.
- **29** people in Managing in Tough Times implemented a plan to decrease expenses or manage wealth.

OUR COMMUNITY

In Lyon County:

- **82.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **71.0%** of ordered child support was collected in 2011⁸

Of the **4** primary care physicians in Lyon County:⁹

- **75.0%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

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

- **105** people are involved in addressing community issues.
- **75** people increased awareness of how to manage current economic events.
- **232** people were able to utilize new decision-making skills for health.

OUR HEALTH

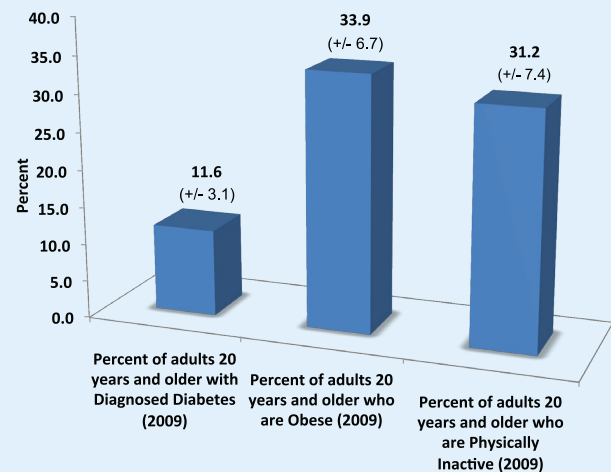
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Lyon County:

- **3.1% (0.7 - 11.9)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **14.7% (7.3 - 27.3)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **37.6% (24.1 - 53.4)** of adults reported having received a flu vaccine in the past year

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

- **200** people increased knowledge of diet and exercise changes to improve health.
- **4** people increased knowledge of safe storage, handling and food preparation.
- **4** people implemented safe storage, handling and food preparation practices.

Health Snapshot: Lyon County¹¹



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service, Impact Reporting, FY2012
- ³ U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates
- ⁴ U.S. Census Bureau, Small Area Health Insurance Estimates
- ⁵ Kids Count Data Center, Kentucky Department for Medicaid Services
- ⁶ Kentucky Cabinet for Health and Family Services, Data Book, June 2012
- ⁷ Kids Count Data Center, Kentucky Cabinet for Health and Family Services
- ⁸ Kids Count Data Center, Kentucky Division of Child Support
- ⁹ Kentucky Health Facts, Kentucky Board of Medical Licensure
- ¹⁰ Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>