



## LYON COUNTY

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# BUILDING STRONG FAMILIES FOR KENTUCKY 2014



## OUR FOCUS

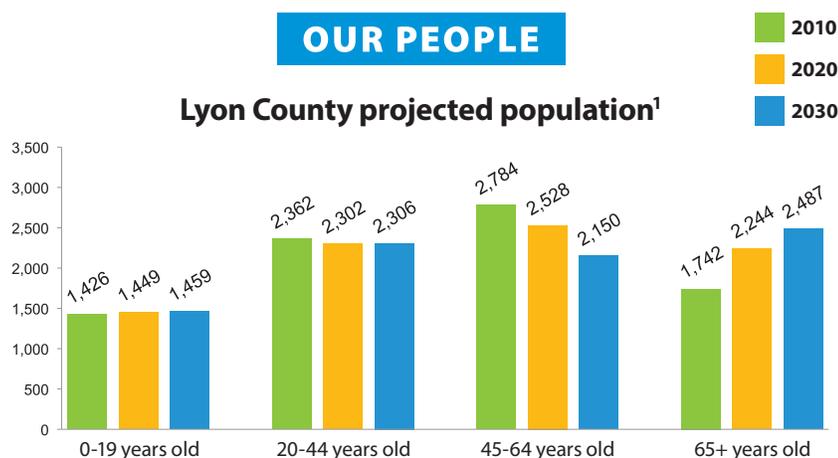
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lyon County. To help families make wise decisions, our educational programs focus on:

- **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

In 2012-2013, Family and Consumer Sciences Extension made **2,714** contacts with Lyon County individuals and families.<sup>2</sup>

## OUR PEOPLE

Lyon County projected population<sup>1</sup>



## SPOTLIGHT ON ...

### PRESERVING A HARVEST

A bumper crop of produce highlighted the need for basic canning and freezing skills to preserve the abundant harvest. To meet that need, the Lyon County Extension Service partnered with a local farmer and leaders to teach community members how to preserve produce by canning, freezing, and drying. Thirty-one community members participated in the four-part series. In a follow-up evaluation, more than 50 percent indicated they used recipes obtained through the series with produce from their own gardens. Other participants requested additional recipes indicating their plans to apply the preservation techniques they learned to specific vegetables they had grown. Due to high interest and participation, another preservation series is planned to focus on techniques for preserving fall vegetables and fruits, specifically apples and winter squash.

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

## FAMILY ACCESS

According to the 2007-2011 American Community Survey,<sup>3</sup> in Lyon County...

- **28.3%** (+/- 10.9) of families with children were below poverty
- **9.3%** (+/- 4.5) of those ages 65 and over were below poverty
- **29.4%** (+/- 4.1) of households had retirement income
- **3.2%** (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas<sup>4</sup> indicates that in 2010, Lyon County had **138** people, **16** children and **41** seniors with low access to a supermarket or large grocery store.\*

In addition, **25** residents had **both** low income **and** low access to stores.

### As a result of participating in Lyon County Extension programs:<sup>2</sup>

- **2,383** people demonstrated an increase in practical living skills.
- **733** people utilized healthy food delivery systems and access points.
- **1,643** people increased leadership knowledge and skills.

## COMMUNITY AVAILABILITY

In 2011, Lyon County had:

- **1** Grocery store (any kind)<sup>5</sup>
  - **1** Grocery/supermarkets (except convenience)<sup>5</sup>
  - **0** Convenience stores (i.e. food marts – no gas)<sup>5</sup>
- **3** Gasoline stations with convenience stores<sup>5</sup>

In the county, there were:

- **2** Roadside markets that served the county<sup>6</sup>
- **1** Farmers market location<sup>7</sup>
- **3** SNAP\*\* authorized stores (food stamps)<sup>4</sup>
- **0** WIC\*\*\* authorized stores<sup>4</sup>

In 2011, **653** youth reported eating more healthy foods.

### As a result of participating in Lyon County Extension programs:<sup>2</sup>

- **818** people made lifestyle changes to improve health.
- **1,012** people increased knowledge of lifestyle changes to improve personal health.
- **806** people reported eating more healthy foods.

## FOOD ASSISTANCE

In Lyon County...

- **293** was the average monthly number of children who received SNAP\*\* (food stamps) in 2011, up from **218** children in 2007 (**up 34.4%**).<sup>9</sup>
- **47.0%** of students attending public schools were eligible for free or reduced-price meals.<sup>9</sup>
- There were **514** SNAP cases and the monthly SNAP benefit level was **\$238.65**.<sup>8</sup>

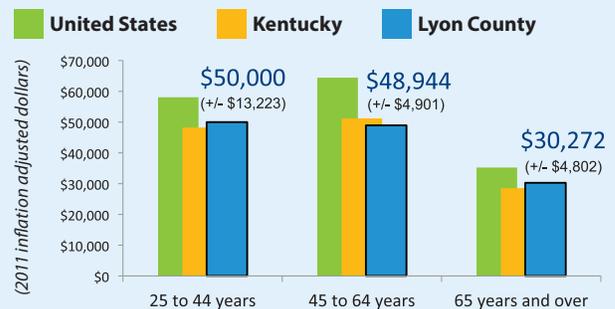
Lyon County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.<sup>10</sup>

### As a result of participating in Lyon County Extension programs:<sup>2</sup>

- **537** people adopted practices to increase food access and affordability.
- **773** people were reached with information on eating healthy foods.
- **713** youth increased their knowledge of healthy food consumption.

## HOUSEHOLD INCOME

### Median household income in past 12 months by age of householder in Lyon County (2007-2011)<sup>3</sup>



#### SOURCES

- <sup>1</sup> Kentucky State Data Center
- <sup>2</sup> Kentucky Cooperative Extension Service Reporting, FY 2013
- <sup>3</sup> 2007-2011 American Community Survey, 5-Year Estimates
- <sup>4</sup> USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- <sup>5</sup> US Dept of Commerce. County Business Patterns. 2011.
- <sup>6</sup> Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- <sup>7</sup> Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- <sup>8</sup> Kentucky Cabinet for Health and Family Services. Data Book. June, 2013. [http://chfs.ky.gov/dcb/dcb\\_data\\_book.htm](http://chfs.ky.gov/dcb/dcb_data_book.htm)
- <sup>9</sup> Kids Count Data Center, KY Youth Advocates.
- <sup>10</sup> Kentucky Association of Food Banks. <http://www.kafb.org>
- \*\* Supplemental Nutrition Assistance Program
- \*\*\* The Special Supplemental Nutrition Program for Women, Infants and Children