LYON COUNTY
Angie York,
County Extension Agent, Family & Consumer Sciences

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 County

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2030</th>
<th>2050</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19</td>
<td>1,426</td>
<td>1,742</td>
<td>2,018</td>
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<tr>
<td>20-44</td>
<td>2,362</td>
<td>2,347</td>
<td>2,060</td>
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<tr>
<td>45-64</td>
<td>2,784</td>
<td>2,347</td>
<td>2,060</td>
</tr>
<tr>
<td>65+</td>
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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.
According to the 2010 American Community Survey, 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 2010.
- **114** children on average received Kentucky Children’s Health Insurance Program (KCHIP) benefits in 2010.
- **904** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012.

As a result of participating in Lyon County Extension programs:

- **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.

In Lyon County:

- **82.0%** of births were to mothers who received early and regular prenatal care in 2009.
- **71.0%** of ordered child support was collected in 2011.

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

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

As a result of participating in Lyon County Extension programs:

- **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.

According to Kentucky Health Facts, 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:

- **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 County

- **11.6 (± 3.1)** of adults 20 years and older with Diagnosed Diabetes (2009)
- **33.9 (± 6.7)** of adults 20 years and older who are Obese (2009)
- **31.2 (± 7.4)** of adults 20 years and older who are Physically Inactive (2009)

SOURCES

1. Kentucky State Data Center
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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.