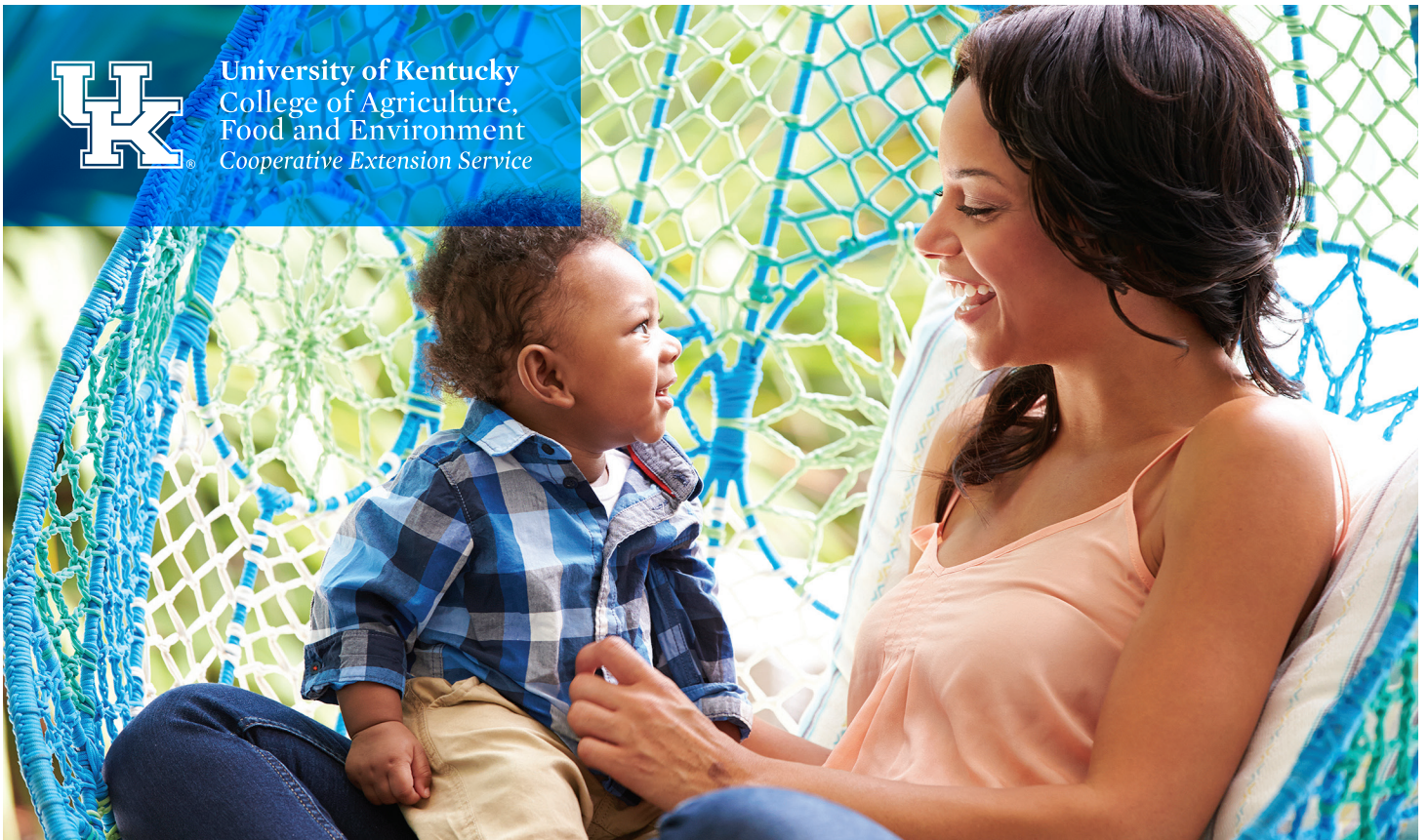


SCHOOL OF HUMAN ENVIRONMENTAL SCIENCES
FAMILY & CONSUMER SCIENCES EXTENSION

BUILDING STRONG FAMILIES

FOR KENTUCKY 2019



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

BUILDING STRONG FAMILIES

FOR KENTUCKY 2019

Jennifer Hunter, Ph.D.

Assistant Director,
Family and Consumer Sciences Extension

Maria Harris, M.Ed.

Extension Associate,
Family and Consumer Sciences Extension
Questions: maria.harris1@uky.edu or (859) 218-1547

Rusty Manseau

Senior Graphic Artist
School of Human Environmental Sciences

Julie N. Zimmerman, Ph.D.

Extension Faculty,
Community and Leadership Development

David Weisenhorn, Ph.D.

Senior Extension Specialist,
Family and Consumer Sciences Extension

Cherry Kay Smith, Ph.D.

Former Program Leader,
Family and Consumer Sciences Extension



Download PDFs of the Building Strong Families materials,
including state and county profiles, at:

<http://fcs-hes.ca.uky.edu/content/bsf>

INTRODUCTION

It takes community support for families to become strong and stable units. Yet, economic and social factors, like unemployment and poverty, often challenge families and the communities in which they live. The University of Kentucky Family and Consumer Sciences (FCS) Extension program works to improve the quality of individual and family life in communities throughout Kentucky. FCS Extension professionals in Kentucky counties focus their efforts on helping families build skills that strengthen family development, economic stability, health and well-being. The purpose of the *Building Strong Families for Kentucky* report is twofold:

1. to share a picture of the economic and demographic characteristics of families in each county
2. to report families' response to relevant programs local FCS Extension agents provide

Cooperative Extension Service in Kentucky

The University of Kentucky Cooperative Extension Service helps bring the expertise and research of the university to local communities. Through the efforts of Cooperative Extension campus-based faculty and staff and county leaders, families have access to services, information and resources that are important to their daily lives. Kentucky Cooperative Extension Service relies on these campus/community partnerships to effectively deliver programs. In the 2017-2018 fiscal year, 8,215,066 direct contacts were made with Kentucky residents by Extension personnel across the state (Kentucky Cooperative Extension Service, 2018).

Campus-Based Support: School of Human Environmental Sciences

The School of Human Environmental Sciences (HES) within the College of Agriculture, Food and Environment provides expertise in family sciences, nutrition and food science, and merchandising and hospitality management to support programs offered by FCS Extension agents. Extension faculty and staff in the departments and



units of the school develop and evaluate resources that support FCS Extension programs across the state. These state-level Extension professionals develop relationships with other organizations and university departments to maximize resources and encourage a diverse and rich base of expertise to support local programs.

Overview of FCS Extension

Kentucky's FCS Extension agents are valuable resources to local communities. They help build a strong infrastructure to support families. Agents in 108 FCS Extension county positions work directly with families to teach skills in family communications, nutrition, leadership, financial management, parenting and health. Agents are responsible for guiding stakeholders to identify and prioritize FCS Extension program needs and efforts within the community. With this input, FCS Extension agents, paraprofessionals, faculty and state specialists develop, implement and evaluate local outreach efforts to strengthen the skills and knowledge of local families.



Rationale for the Building Strong Families for Kentucky County Profiles

To validate the priorities and needs of each community it is important to put into perspective the potential for community programs provided by FCS Extension. It is also important to report on the efforts and successes of Building Strong Family programs to internal and external stakeholders in local communities. The Building Strong Families for Kentucky County Profiles originally gave local stakeholders a snapshot of county economic, community and health information and reported the results of FCS Extension outreach. The profiles now have evolved to provide a context for decision-making, program delivery and evaluation, through information that is reported annually. The demographic and

community data provides a picture of what families need to help determine what kinds of programs should be developed for the future. The evaluation data that agents provide each year show the strides FCS Extension has made within the community and can guide future planning efforts.

The 2019 profile focuses on common challenges that impact young people in Kentucky. Each section provides information that guides and informs educational outreach to local families. This profile specifically focuses on county data from seven related sources: Kentucky Cooperative Extension Reporting System; American Community Survey; Small Area Income and Poverty Estimates; Kids Count Data Center; the Kentucky School Report Card; U.S. Census Bureau and the Kentucky Center for Statistics.

OUR FOCUS

This section in the Building Strong Families for Kentucky County Profiles describes the current initiatives of Kentucky FCS Extension. Specialists, agents and stakeholders work jointly to define goals that guide FCS Extension program efforts and outreach. Each county uses an extensive stakeholder input process to prioritize programs and localize and finalize areas of focus within the FCS program initiatives. The goal of FCS is to reach out broadly in the community to teach life skills and provide opportunities for people to use and share their skills with their families and others in the community.

INITIATIVE 1: Making Healthy Lifestyle Choices

Family and Consumer Sciences Extension encourages families to make proactive choices to improve individual health and well-being, whether choosing a low fat, nutritious diet, increasing health literacy for chronic disease prevention or participating in regular physical activity.



GOALS

- **Apply** knowledge and skills to think critically, to solve problems and to make informed decisions regarding healthy lifestyle choices.
- **Manage** healthy weight throughout the lifecycle through healthy lifestyle choices.
- **Increase** promotion and practice of physical activity daily.
- **Reduce** chronic disease risk, debilitation and premature death.

GOALS

- **Strengthen** family nurturing attitudes and behaviors by caring for the health and well-being of each individual throughout the lifespan.
- **Build** personal strengths, interpersonal communication and life skills to strengthen families.
- **Foster** the optimal development of children and youth.
- **Practice** wise parenting skills.
- **Build** community capacity to nurture all families through appropriate collaborations and programs.

INITIATIVE 2: Nurturing Families

Family and Consumer Sciences Extension focuses on individual and family development by promoting effective communication, understanding developmental ages and stages, appreciating individual and cultural differences, developing a strong value system, making wise decisions and encouraging a supportive environment.



INITIATIVE 3: Embracing Life as We Age

Throughout all life stages, it is important to acknowledge and celebrate the changes that accompany aging. Family and Consumer Sciences Extension help individuals, families and communities manage the challenges and discover the positive aspects of life's transitions and growing older.



GOALS

- **Adapt** lifestyles to promote healthy aging.
- **Adjust** and manage environmental factors to promote independent aging.
- **Practice** healthy communication and enhance relationships to promote quality aging.

INITIATIVE 4: Securing Financial Stability

In the current economy, financial stability is important. That stability rests with families securing and managing their basic human needs of food, clothing and shelter. Increasing buying power with wise consumer decision-making, avoiding pitfalls of overextended credit, developing saving habits and managing financial risks are topics taught by Family and Consumer Sciences Extension.



GOALS

- Individuals and families will **demonstrate** financial literacy and sound basic financial practices.
- Teens and young adults will **improve** financial literacy and appraise workforce preparedness.
- Adults and families will **prepare** financial matters during periods of transition and/or major life events.
- Youth and adults will **recognize** financial management needs through social marketings.

INITIATIVE 5: Promoting Healthy Homes and Communities

Through Family and Consumer Sciences Extension, individuals improve safety in their home and decrease their environmental footprint. Community efforts are designed to promote healthy lifestyles throughout the lifespan.



GOALS

- **Create** safe homes in environments that promote and support the physical and mental well-being of families throughout the lifecycle.
- **Improve** the built and natural environment.

INITIATIVE 6: Accessing Nutritious Foods

Family and Consumer Sciences Extension helps families gain access to food and to stretch food dollars; communities to decrease hunger; and local food assistance programs to educate recipients on healthy and safe food preparation methods. Family and Consumer Sciences agents and paraprofessionals are pivotal in training consumers and producers to maximize local access to farm-to-table food products.



GOALS

- **Increase** access to fruits and vegetables.
- **Increase** the number of new mothers who attempt to breast feed their babies and increase duration of breastfeeding to six weeks or more.
- **Apply** skills of food resource management, food safety and food preparation to afford healthy, nutritious food choices.

INITIATIVE 7: Empowering Community Leaders

Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. Family and Consumer Sciences Extension is committed to engaging, educating and empowering local citizens to investigate issues, make responsible decisions and take ownership of solutions.



GOALS

- **Develop** skills and knowledge designed to improve personal leadership capacity.
- **Implement** leadership practices designed to improve successful accomplishment of organizational goals and objectives.
- **Employ** effective practices designed to increase community support for improving community.