



# Building Strong Families

## IN ADAIR COUNTY

### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

### OUR SUCCESS

In 2018-2019,  
Family and  
Consumer Sciences  
Extension made

**3,227**

contacts with  
individuals and  
families in  
Adair County.

### SPOTLIGHT: ADAIR COUNTY

## LEAP for Health



Adair County's FCS Extension collaborated with Head Start to offer LEAP (Literacy, Eating, and Activity for Primary youth) for Health curriculum during the 2018-2019 school year. The Extension agent for FCS read stories which introduced nutritious foods, gardening, and concepts of staying healthy and being physically active to approximately 40 preschoolers. Students engaged in physical activities and food tasting that focused on fruits and vegetables. Teachers reported that, as a result of the program, 100 percent of the students recognized physical activity and when to wash their hands, 80 percent of the students tried a new fruit, and 70 percent of the students tried a new vegetable.

## KENTUCKY EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our commonwealth. Adair County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



**265,288**

youth participated  
in local Extension  
programming.



**25,496**

pints of food  
were preserved.



**\$114,057**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**492,813**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**16,478,089**

miles were walked  
by program participants.



**71,525**

participants reported  
making positive  
behavior changes.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateltUp.ca.uky.edu**



### Listen. Learn. Live Well.

University of Kentucky Family and  
Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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