



# Building Strong Families

## IN BREATHITT COUNTY



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### 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  
**16,969**  
contacts with  
individuals and  
families in  
Breathitt County.

### SPOTLIGHT: BREATHITT COUNTY

## Lunch at the Market



Although Breathitt County community members may understand that their fruit and vegetable consumption is encouraged to be at five to nine daily servings, access to these foods can be limited. Minimal access to healthy foods makes it hard to combat health epidemics such as diabetes and heart disease. Having accessible fruits and vegetables is key to overall good health. The Lunch at the Market program events served an average of 250 participants. Each participant was provided with a lunch prepared with local fruits and vegetables, Plate It Up! recipe cards, and the opportunity to buy produce from local growers before leaving the event. The program is now an event that the community enjoys and expects. Providing access to nutritious foods, as well as helping local growers of fruits and vegetables is important for overall community, physical, and economic health.



## BREATHITT COUNTY'S 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.

Breathitt County's FCS Extension programming in 2018-2019 led to the following results.



**4,054**

youth participated  
in local Extension  
programming.



**3,300**

individuals made healthier  
eating choices.



**3,265**

pints of food  
were preserved.



**630**

participants utilized  
access points that offered  
healthy foods.



**30,903**

miles were walked  
by program participants.



**4,338**

participants reported  
gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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### 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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