



# Building Strong Families

## IN CAMPBELL COUNTY



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County Extension Agents,  
Family and Consumer  
Sciences Education

### 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  
**8,214**  
contacts with  
individuals and  
families in  
Campbell County.

### SPOTLIGHT: CAMPBELL COUNTY

## Culinary Couch Potato Challenge Series



Understanding where your food comes from, the importance of activity, and choosing and preparing healthy foods while making the best economic decisions can be overwhelming for individuals and families. The Campbell County FCS and Horticulture Extension along with the Campbell County District Board and the Campbell County farmers' market conducted a six-part series called the Culinary Couch Potato Challenge (CCPC). The CCPC focused on the importance of shopping the local farmers' markets, gardening, selecting and using small kitchen appliances, preparing recipes using fresh produce, and becoming more physically active. Participants showed improvement in the decision-making process when purchasing a small kitchen appliance, in eating healthier foods, in being physically active having logged a total of 3,978,177 activity steps, and being more knowledgeable about bones and joints.



## CAMPBELL 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.

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



**2,644**

youth participated  
in local Extension  
programming.



**\$1,260**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**2,001**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**2,489**

miles were walked  
by program participants.



**1,223**

participants reported  
gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.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)

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.



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