



Building Strong Families

IN FLEMING 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

24,624

contacts with
individuals and
families in
Fleming County.

SPOTLIGHT: FLEMING COUNTY

Stepping out Walking Challenge



The CDC reports that an employee's overall level of physical activity is strongly influenced by workplace factors. A comprehensive wellness program that includes a physical activity component may improve employee health and potentially lower the health costs per employee. This year Fleming County's FCS Extension agent offered a wellness program for busy employees. The Stepping Out Walking Program was designed to encourage those who work to take time to increase their overall health by walking more. During this six-week program, 27 teams from local businesses participated with 148 participants. They walked for a total of 30,525 miles. Participants reported many benefits to their health, their energy levels, and general overall feeling throughout and following the program.

FLEMING 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.

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



4,852

youth participated
in local Extension
programming.



800

participants utilized
access points that offered
healthy foods.



1,325

pints of food
were preserved.



4,000

volunteer hours were reported
by FCS Extension
program volunteers.



30,650

miles were walked
by program participants.



536

participants reported
making positive
behavior changes.

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health, resource management, and more.
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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