



# Building Strong Families

## IN FRANKLIN 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  
**5,257**  
contacts with  
individuals and  
families in  
Franklin County.

### SPOTLIGHT: FRANKLIN COUNTY

## Life Story



Franklin County's FCS Extension agent presented Life Story as a leader lesson to Ft. Harrod Area Homemaker leaders. These leaders would facilitate the lesson at the club meeting. As a result of the program, participants demonstrated an increase in knowledge regarding basic concepts of Life Story. Many of the ladies expressed aspirations to document their life stories. All participants verbally expressed that they felt the program enhanced personal meaning and understanding. Participants anticipate using Life Story as a way to communicate and strengthen relationships with family members (siblings and grandchildren) and plan to use Life Story in a caregiving relationship, as well as to think about future planning and decision-making. This program has proven to contribute to healthy and quality aging throughout the life course.



## FRANKLIN 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.

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



**723**

youth participated  
in local Extension  
programming.



**600**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**677**

youth gained  
a better understanding  
of substance abuse.



**2,103**

participants reported  
gaining knowledge.



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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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