



# Building Strong Families

## IN GARRARD 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

**6,882**

contacts with  
individuals and  
families in  
Garrard County.

### SPOTLIGHT: GARRARD COUNTY

## Eating with Diabetes



The American Diabetes Association estimates 15.3 percent of the population in Garrard County has been diagnosed with diabetes. To help address this issue, the Garrard County FCS Extension agent offered Dining with Diabetes. As a result of the program, 64 percent of participants reported exercising continuously for 30 minutes on three or more days of the week. All participants reported cooking more meals at home, and 90 percent of participants utilized portion control as one way to manage diabetes. A majority, 73 percent, of participants reported feeling more confident about keeping their diabetes (or the person's they care for) under control. Participants need information about portions and portion control, reading labels, the importance of fiber to the diabetic person, and new recipes and/or how to adapt old recipes. Look for Dining with Diabetes to be offered in the future in Garrard County.



## GARRARD 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.

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



**119**

individuals made healthier eating choices.



**74**

participants implemented one or more energy conservation strategies.



**75**

volunteer hours were reported by FCS Extension program volunteers.



**250**

participants utilized access points that offered healthy foods.



**194**

participants reported the intent to make positive behavior changes.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/UKFCSExt**



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**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)

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