



# Building Strong Families

## IN GRANT 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

**8,328**

contacts with  
individuals and  
families in  
Grant County.

### SPOTLIGHT: GRANT COUNTY

## Work Site Wellness



The obesity epidemic threatens the quality and years of life of Kentuckians. Obese individuals are at increased risk for many chronic health conditions, including type 2 diabetes, heart disease, stroke, and some types of cancers. To combat this, Grant County's FCS Extension in partnership with the Northern Kentucky Health Department and community organization Fitness for Life Around Grant County (FFLAG) have conducted a worksite wellness program for businesses. This worksite wellness program provides employers the access, opportunity, support, and encouragement needed for employees to actively participate in improving their health. Since the implementation of the worksite wellness program, 58.8 percent of businesses that have joined the program have shown improvement across eight areas, making wellness for their employees a priority.



## GRANT 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.

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



**4,741**

youth participated  
in local Extension  
programming.



**626**

individuals made healthier  
eating choices.



**72**

pints of food  
were preserved.



**5,808**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**208**

participants utilized  
access points that offered  
healthy foods.



**607**

participants reported  
making positive  
behavior changes.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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INSTAGRAM  
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UKFCSExt**



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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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