



# Building Strong Families

## IN HARLAN 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  
**7,929**  
contacts with  
individuals and  
families in  
Harlan County.

### SPOTLIGHT: HARLAN COUNTY

## Get Moving Harlan County



Exercise reduces the risk of heart disease, type 2 diabetes, and some cancers. An increase of energy can improve your mental and overall well-being. Harlan County's FCS Extension office promoted Get Moving Kentucky, a physical-activity-based program educating community members on the health benefits of exercise and healthier eating choices. The eight-week walking program challenged participants to walk at least three days a week for 30 minutes per day or to be active for at least 30 minutes per day. Exercise activities were offered at the Extension office one day per week where participants could engage in simple walking exercises as well as chair exercise. Participants had a combined total of 105,424 minutes of exercise through walking, biking, running, swimming, and various exercise programs.



## HARLAN 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.

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



**1,318**

individuals made healthier eating choices.



**870**

pints of food were preserved.



**3,500**

miles were walked by program participants.



**874**

participants demonstrated spending time in physical activity.



**2,027**

participants reported making positive behavior changes.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/UKFCSExt**



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PODCAST  
**UKFCSExt.podbean.com**



### Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

**PlateItUp.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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