



Building Strong Families

IN KNOX 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

5,231

contacts with
individuals and
families in
Knox County.

SPOTLIGHT: KNOX COUNTY

Stories, Songs, and Stretches!®



According to the 2017 Early Childhood Profile, only 38 percent of children in Knox County are ready for kindergarten. To address this issue, Knox County's FCS Extension agent partnered with the Corbin Public Library to offer the Stories, Songs, and Stretches!® program. This yoga-inspired program is designed to promote early literacy, physical literacy, and social-emotional learning among children ages 3 to 6. The program combines books, music, movement, yoga, and mindfulness to enhance the learning experience among participants. Following the program, caregivers said that they have noticed their child repeating program activities such as reading, singing, jumping, counting, yoga poses, and mindful breathing at home. They also have noticed an improvement in their child's gross motor skills, social skills, and ability to express emotions.

KNOX 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.

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



238

program participants
practiced effective
parenting skills.



650

families supplemented
their diet with healthy foods
they produced or preserved.



\$5,000

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets.



6,175

volunteer hours were reported
by FCS Extension
program volunteers.



992

participants improved
skills that will
strengthen families.



2,135

participants reported
making positive
behavior changes.

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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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