



# Building Strong Families

## IN LINCOLN 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  
**11,707**  
contacts with  
individuals and  
families in  
Lincoln County.

### SPOTLIGHT: LINCOLN COUNTY

## Learning to Prepare Healthier Foods



Easy access to unhealthy foods, increased stress, and limited opportunities for physical activity all create challenges and barriers for Kentucky families in making healthy lifestyle choices. In order to empower participants to take better control of their own health, Lincoln County's FCS Extension agent taught families to improve health and well-being by choosing a nutritious diet, increasing health literacy to help prevent chronic diseases, or participating in regular physical activity by offering nine Lunch-n-Learn programs. About 278 participants learned about making healthy food choices, purchasing nutritious foods in their community, preparing nutritious foods, and tasting those prepared recipes. The majority of participants reported making the foods at home after attending this program.



## LINCOLN 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.

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



**1,790**

youth participated  
in local Extension  
programming.



**1,700**

individuals made healthier  
eating choices.



**2,754**

pints of food  
were preserved.



**3,400**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**2,979**

participants improved  
skills that will  
strengthen families.



**2,723**

participants reported  
making positive  
behavior changes.

### Connect with us!



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**FCS.uky.edu**



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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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