



# Building Strong Families

## IN MAGOFFIN 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  
**1,198**  
contacts with  
individuals and  
families in  
Magoffin County.

### SPOTLIGHT: MAGOFFIN COUNTY

## Therapeutic Benefits of Beginner's Sewing



Many high schools across the state have cut back drastically on sewing programs, while others have entirely eliminated FCS programs dealing with sewing. As a result, many community members have expressed interest in sewing and have taken advantage of Magoffin County's FCS Extension's Beginner's Sewing program. One program required making a nine-patch throw for the home. One participant was much more ambitious and decided to make a quilt large enough for a bed. Sewing classes and quilt guilds are an emotional outlet for participants. Although the impact is not huge in numbers, the program has had a huge effect in individual lives.



## MAGOFFIN 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.

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



**48**

youth participated  
in local Extension  
programming.



**40**

participants utilized  
access points that offered  
healthy foods.



**52**

volunteers reported  
actively practicing  
leadership skills.



**83**

participants improved  
skills that will  
strengthen families.



**95**

participants reported  
gaining knowledge.

### Connect with us!



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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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