



# Building Strong Families

## IN MARTIN 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  
**1,182**  
contacts with  
individuals and  
families in  
Martin County.

### SPOTLIGHT: MARTIN COUNTY

## Lunch and Learn



Sixty percent of Martin County's population has been diagnosed with heart disease. The Martin County FCS Extension agent partnered with SNAP-Ed and the Martin County Public Library System to host a healthy Lunch and Learn series. One topic covered was heart disease. Participants got to sample heart-healthy recipes and they indicated they learned something new about heart disease and ways to prolong the onset. Participants also indicated they have tried cooking with less salt and stated that they made the recipes at home that were sampled at the Lunch and Learn. Because of interest in the Lunch and Learns, the Cooperative Extension Service and SNAP-Ed program will continue them monthly.



## MARTIN 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.

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



**195**

youth participated  
in local Extension  
programming.



**176**

individuals made healthier  
eating choices.



**2,500**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**36**

reported  
coalitions.



**150**

lifestyles were improved  
through a focus  
on proper nutrition.



**148**

participants reported  
making positive  
behavior changes.

### Connect with us!



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**FCS.uky.edu**



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### 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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