



Building Strong Families

IN MCCRACKEN COUNTY

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
23,812
contacts with
individuals and
families in
McCracken County.

SPOTLIGHT: MCCRACKEN COUNTY

Getting into the Zone



According to the Youth Risk Behavior Surveillance System, dietary behavior and inadequate physical activity are two of the leading causes of death and disability among youth and adults. McCracken County's FCS Extension along with Four Rivers Behavioral Health participated in a cooking series over a four-month period. The Zone, a teen and young adult drop-in center, offered an eight-week series called Teen Cuisine. Sessions included lessons and hands-on experiences such as knife skills, handwashing, and easy-to-make recipes. Participants reported choosing healthier foods, more frequent handwashing, and increased physical activity. Many youth described their enjoyment of the program, and because of the effectiveness of this program, several new activities are being offered at the Zone for youth to continue to develop healthy lifestyle habits.

MCCRACKEN 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.

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



675

youth reached
through volunteers.



341

individuals made healthier
eating choices.



144

participants gained
financial management
knowledge.



9,812

volunteer hours were reported
by FCS Extension
program volunteers.



468

participants improved
skills that will
strengthen families.



667

participants reported
gaining knowledge.

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you a podcast focusing on nutrition,
health, resource management, and more.
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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