



Building Strong Families

IN METCALFE COUNTY



Lynn Blankenship
County Extension Agent,
Family and Consumer
Sciences Education

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
4,402
contacts with
individuals and
families in
Metcalf County.

SPOTLIGHT: METCALFE COUNTY

The Mind-Body Connection for Teens



Metcalf County's FCS Extension agent compiled a four-unit curriculum called The Mind-Body Connection for Teens. The focus of this pilot are eighth- and 12th-grade students because of the stressful transitional nature of those grades. Participants increased their awareness of personal stressors and how their bodies are affected by and react to the stressors. They also learned sleep requirements for their age group and learned stretching, deep breathing, meditation, and ergonomics exercises that are simple to practice and combat all forms of stress. Metcalf students indicated transference of knowledge and skills with practical application and expressed value for the stress awareness and management experiences.

METCALFE 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.

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



868

youth participated
in local Extension
programming.



814

individuals made healthier
eating choices.



\$7,334

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



4,349

volunteer hours were reported
by FCS Extension
program volunteers.



2,801

miles were walked
by program participants.



226

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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