



# Building Strong Families

## IN MONTGOMERY 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

**1,166**

contacts with  
individuals and  
families in  
Montgomery County.

### SPOTLIGHT: MONTGOMERY COUNTY

## Learning about Diabetes



Diabetes costs Kentuckians approximately \$3.85 billion annually. According to recent data, more than 13.1 percent of Kentucky adults have been diagnosed with diabetes. Nutrition is the cornerstone of diabetes management. FCS Extension helps Kentuckians manage their own disease or that of a loved one through nutrition education. As a result of diabetes programming, 300 participants reported they used a diabetes-specific meal plan to manage carbohydrate intake and increase fruit and vegetable consumption. About 212 participants took part in at least 150 minutes of physical activity each week, and 258 individuals implemented at least three healthy eating practices to help address their weight. Diabetes programming is just one of many ways that FCS Extension is making an impact in our communities.



## MONTGOMERY 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.

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



**160**

participants improved skills that will strengthen families.



**160**

participants learned ways to reduce expenses.



**100**

participants reduced costs associated with new home practices.



**84**

participants reported making positive behavior changes.



**432**

participants reported gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/UKFCSExt**



INSTAGRAM  
**Instagram.com/UKFCSExt**



PODCAST  
**UKFCSExt.podbean.com**



### Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

**PlateItUp.ca.uky.edu**



### 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**

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