



Building Strong Families

IN NICHOLAS 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
2,290
contacts with
individuals and
families in
Nicholas County.

SPOTLIGHT: NICHOLAS COUNTY

Creating and Maintaining Family Traditions



Nicholas County's FCS Extension in collaboration with the Nicholas County Family Youth Resource Center provided a program on family traditions. Strong families play an important role in the community and contribute to society overall. To help strengthen families, FCS Extension offered the Creating and Maintaining Family Traditions program. Emphasis was on the characteristics of creating and maintaining family traditions and then helping strong families create and maintain their own traditions. Participants indicated that their family traditions provided a source of identity, strengthened their family bond, offered a degree of comfort and security, connected generations, and passed on cultural and religious heritage. Overall, participants connected strong families to traditions and planned to maintain current traditions or work to create new ones.

KENTUCKY 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. Nicholas County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



265,288

youth participated
in local Extension
programming.



25,496

pints of food
were preserved.



\$114,057

increase in sales
due to Plate it Up
Kentucky Proud.



492,813

volunteer hours were reported
by FCS Extension
program volunteers.



16,478,089

miles were walked
by program participants.



71,525

participants reported
making positive
behavior changes.

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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

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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