



# Building Strong Families

## IN OLDHAM 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

**6,579**

contacts with  
individuals and  
families in  
Oldham County.

### SPOTLIGHT: OLDHAM COUNTY

## Community Walk



Physical activity is vital to good health. One of the easiest activities is walking. The Oldham County FCS Extension agent and members of the Healthy Oldham County Coalition collaborated with the Kentucky Coalition for Healthy Communities to organize a district Challenge Walk to encourage residents to be more physically active. Six Louisville Area counties participated. Participants were asked to count their steps using pedometers or other step-counting devices for one hour. The total for the Challenge was 1.3 million steps, by 402 walkers, which is about 650 miles. Oldham County won the challenge with 534,605 steps completed by 104 community members.



## 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. Oldham 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.

### Connect with us!



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**FCS.uky.edu**



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### Plate it Up!

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

**PlateltUp.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](https://hes.uky.edu/StrongFamilies)

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