Building Strong Families

University of Kentucky College of Agriculture,

Food and Environment Cooperative Extension Service

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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

19,316 contacts with individuals and families in Pike County.

SPOTLIGHT: PIKE COUNTY Stand Up to Falling



Pike County FCS Extension presented Stand Up to Falling. After the program, participants reported an increase in their knowledge to reduce the risk of falling and increased their knowledge regarding how to safely get up from a fall. Many expressed aspirations to reduce fall risks and make a positive behavioral change toward healthy, independent, and quality aging. Fall prevention programs demonstrate positive change in both knowledge and behavior. Fall prevention programs have the potential to save an estimated \$18,000 to \$21,000 in health-care costs per person, in cases involving a fatality or hospitalization.

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





805 pints of food were preserved.



individuals made healthier eating choices.





participants reported gaining knowledge.

Connect with us!



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FACEBOOK Facebook.com/ **UKFCSExt**



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Plate it Up!

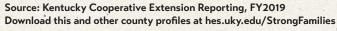
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

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.



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