



Building Strong Families

IN PIKE 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

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.



3,855

youth participated
in local Extension
programming.



805

pints of food
were preserved.



\$100,016

increase in sales
due to Plate it Up
Kentucky Proud.



19,450

volunteer hours were reported
by FCS Extension
program volunteers.



37,050

individuals made healthier
eating choices.



1,148

participants reported
gaining knowledge.

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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

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