



Building Strong Families

IN ROWAN 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
7,660
contacts with
individuals and
families in
Rowan County.

SPOTLIGHT: ROWAN COUNTY

Raising Relatives and Grandchildren



The Rowan County FCS Extension agent collaborated with the Rowan County Public School Family Resource coordinators, state and local police, Pathways, and Legal Aid to offer a two-day workshop to educate and support relatives raising children, mostly grandparents raising grandchildren. According to Kinship Families Coalition of Kentucky, 6 percent of children throughout the commonwealth are in the care of grandparents and other relatives. These numbers are the highest in the nation. The classes covered needing medical records for the school system, how to meet special education requirements, internet and phone safety, how to stay healthy with nutrition and exercise, and educating the adults with ideas for their mental and physical needs. Free childcare was provided. Participants reported needing more of these sessions and a support group.

ROWAN 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.

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



150

parents improved skills that will strengthen families.



1,700

individuals made healthier eating choices.



\$1,500

in EBT, WIC, or senior benefits were redeemed at farmers' markets.



800

volunteer hours were reported by FCS Extension program volunteers.



1,000

miles were walked by program participants.



850

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

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