



Building Strong Families

IN SIMPSON 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

8,481

contacts with
individuals and
families in
Simpson County.

SPOTLIGHT: SIMPSON COUNTY

Get Active Simpson Challenge



In order to promote increased physical activity and its importance in our overall health and wellness, the Get Active Simpson (GAS) Program was developed by the Get Healthy Simpson Coalition and the Simpson County FCS Extension agent. Teams are formed and captains report to the FCS Extension agent the weekly totals for each team. With a total of 58 participants and six teams, the four-week program netted 7,348 physical activity miles, which is counted as 15 minutes of continuous movement. Those who participated reported increased energy, more strength, and some weight loss or maintained weight. The community expects this challenge each spring and will be implementing a summer get moving program that will replicate the Get Active Simpson program in the 10-county area.

SIMPSON 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.

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



858

youth reached
through volunteers.



820

individuals made healthier
eating choices.



13,610

volunteer hours were reported
by FCS Extension
program volunteers.



7,548

miles were walked
by program participants.



10,763

participants reported
gaining knowledge.

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health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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