



Building Strong Families

IN TRIMBLE 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
17,770
contacts with
individuals and
families in
Trimble County.

SPOTLIGHT: TRIMBLE COUNTY

Prepare to Care



Caregiving is one of the most important roles a person will ever hold. The caregiving journey can be as involved as taking time away from work and family to provide full-time care that includes paying bills, meal preparation, and physical care. To address this emerging need, the Trimble County FCS Extension agent offered the Prepare to Care program. Prior to the program beginning, participants reported that they did not have a caregiving plan and that they do not feel prepared to be a caregiver. As a result of the program, participants reported increased understanding regarding the importance of having a caregiver plan and also reported being willing to discuss a plan with a family member or friend.

TRIMBLE 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.

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



215

youth gained
a better understanding
of substance abuse.



705

volunteer hours were reported
by FCS Extension
program volunteers.



74

participants improved
skills that will
strengthen families.



993

participants reported
gaining knowledge.



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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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