



# Building Strong Families

## IN WOODFORD 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

**6,222**

contacts with  
individuals and  
families in  
Woodford County.

### SPOTLIGHT: WOODFORD COUNTY

## Leadership Woodford County



In 2016, the Woodford County Extension Council determined a need for a leadership program within the county. As a result, Woodford County Extension agents in collaboration with the Woodford County Chamber of Commerce developed Leadership Woodford County. The program gives participants the opportunity to better understand their community and learn the skills they will need to prepare for the challenges it faces, help promote change, improve our quality of life, and lead. Participants gain a better understanding of community dynamics and public issues. The program includes orientation, education, industry, health care, state government, local government, law and justice, and agriculture and tourism. Participants have highly recommended the experience. The program continues to be conducted on an annual basis for people who work and/or live in Woodford County.



## WOODFORD 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.

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



**1,651**

youth participated  
in local Extension  
programming.



**500**

participants reported  
being more likely to buy  
Kentucky fruits and vegetables.



**500**

participants gained financial  
management knowledge.



**450**

participants reported  
making positive  
behavior changes.



**500**

lifestyles were improved  
through a focus  
on proper nutrition.



**2,428**

participants reported  
gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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UKFCSExt**



INSTAGRAM  
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UKFCSExt**



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**UKFCSExt  
.podbean.com**



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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](https://hes.uky.edu/StrongFamilies)

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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