



Building Strong Families

IN ALLEN 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 2019-2020,
Family and
Consumer Sciences
Extension made
369,369
direct and indirect contacts
with individuals
and families in
Allen County.

SPOTLIGHT: ALLEN COUNTY

Diabetes education the tasty way



The Allen County Family and Consumer Sciences Extension agent partnered with the Allen County Health Department and The Medical Center at Scottsville to present National Dining with Diabetes. The program included four sessions that addressed Living Well with Diabetes, Carbs and Sweeteners, Fats and Sodium, and Vitamins, Minerals, and Fiber. The agent invited people who have diabetes or prediabetes or family members of those living with the disease. Participants made and tasted three healthy recipes per class session. They also learned healthy cooking techniques, observed models representing blood with high cholesterol and glucose levels, and identified healthy and unhealthy plates based on sodium and fat content. Three months after the program, 86% reported feeling more confident in their ability to manage their diabetes or help a loved one.

ALLEN 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.

Allen County's FCS Extension programming in 2019-2020 led to the following results.



702

youths participated in local
Extension programming



359

miles were walked
by FCS program participants



121

participants used strategies that
reduced financial expenses



5,240

volunteer hours were reported
by FCS Extension program
volunteers



85

volunteers reported actively
practicing leadership skills



317

participants reported
gaining knowledge

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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, FY2020
Download this and other county profiles at **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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