



Building Strong Families

IN CUMBERLAND 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
38,417
direct and indirect contacts
with individuals
and families in
Cumberland County.

SPOTLIGHT: CUMBERLAND COUNTY

Securing financial stability



A person's emotions can create negative spending habits. Money Habitudes addresses how a person's feelings and attitudes can trigger or affect their spending and how a person can commit to improving those habits by following realistic steps. The Cumberland County Extension office offered the program Money Habitudes Online during April and May of 2020, and 45 people participated. We promoted the program through take-home bags, with Homemakers, and through the county FCS Facebook page. After the program, 95% or more of the participants reported being more aware of how money affects relationships and that they plan to implement at least one strategy to reduce expenses or to better manage their money.

CUMBERLAND 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.

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



2,036

youths participated in local
Extension programming



287

individuals made healthier
eating choices



120

participants improved
skills that will
strengthen families



7,121

volunteer hours were reported
by FCS Extension program
volunteers



475

participants reported
making positive
behavior changes



449

participants reported
gaining knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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