



Building Strong Families

IN FLOYD 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

904,175

direct and indirect contacts
with individuals
and families in
Floyd County.

SPOTLIGHT: FLOYD COUNTY

Focusing on families cooking and eating together



According to the Centers for Disease Control, fruit and vegetable consumption is essential for children in preventing chronic diseases. The USDA reports that eating meals away from home is linked to poor nutritional quality and being overweight and obese. Cook Together, Eat Together focuses on families with children cooking meals together at home and eating together. This online social media program and hands-on cooking class encouraged homemade family meals in Floyd County provided by the Floyd County Family and Consumer Sciences Extension program. As a result of the program, 50% of the participants reported making homemade meals six times a week while the other 50% of participants reported making homemade meals seven days a week.

FLOYD 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.

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



242

parents and/or caregivers
reported improved
personal growth



5,579

individuals made healthier
eating choices



456

participants improved
skills that will
strengthen families



5,327

volunteer hours were reported
by FCS Extension program
volunteers



8,073

participants reported
making positive
behavior changes



2,603

participants reported
gaining knowledge

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health, resource management, and more.
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Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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