



# Building Strong Families

## IN GALLATIN 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

**3,818**

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

### SPOTLIGHT: GALLATIN COUNTY

## GrandLove support group



According to Children, Inc., Kentucky has more than 100,000 children younger than 18 living with their grandparents or other relatives. Kentucky continually ranks as one of the highest states of children living with grandparents or loved ones. The number of grandparents in Gallatin County raising grandchildren is also a significant number. In 2019, GrandLove, a grandparent-raising-grandchildren support group, was formed in Gallatin County. The GrandLove mission is to identify families who are raising children other than their own and offer support by providing resources developed through partnerships with concerned community members. The group meets monthly during the lunch hour and provides grandparents or loved ones the opportunity to connect to others in similar situations, learn about local resources, and collect parenting tips.



## GALLATIN 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.

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



**160**

youths participated in local  
Extension programming



**281**

individuals made healthier  
eating choices



**162**

pints of food  
were preserved



**350**

volunteer hours were reported  
by FCS Extension program  
volunteers



**414**

participants reported  
making positive  
behavior changes



**431**

participants reported  
gaining knowledge

### Connect with us!



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**FCS.uky.edu**



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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**

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