



Building Strong Families

IN GRAYSON 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
394,943
direct and indirect contacts
with individuals
and families in
Grayson County.

SPOTLIGHT: GRAYSON COUNTY

LEAD with Extension



Effective leadership is one factor necessary for success within today's communities and organizations. Knowledge and skills are needed by leaders and managers to properly train and retain good employees. To fill that gap, the Grayson County Family and Consumer Sciences Extension developed a program specifically for the members of the Grayson County Chamber of Commerce titled LEAD with Extension, using the KELD (Kentucky Extension Leadership Development) curriculum. We held classes monthly with an average of 27 people attending five sessions. Statistically significant gains in ability were reported across 16 measures. About 95% of participants reported that they could use the ideas and skills learned to either a moderate or great extent. One participant reported that they have a better understanding of how their co-workers learn and how to have better staff meetings.

GRAYSON 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.

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



1,148

youths participated in local
Extension programming



751

individuals made healthier
eating choices



613

youths gained
a better understanding
of substance abuse



2,060

volunteer hours were reported
by FCS Extension program
volunteers



974

participants reported
making positive
behavior changes



380

lifestyles were improved
through a focus
on proper nutrition

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University of Kentucky Family and
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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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