



Building Strong Families

IN GREENUP 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
185,131
direct and indirect contacts
with individuals
and families in
Greenup County.

SPOTLIGHT: GREENUP COUNTY

Festival of Fitness



The Healthy Choices, Healthy Communities organization is comprised of members throughout the Tri-State region. The mission of the organization is to improve the health of our communities through collaboration, education, prevention, and access to healthy choices. In conjunction with the First Friday Event in Ashland, the Coalition sponsored the Festival of Fitness to feature more than 20 fitness activities, demonstrations, and healthy lifestyle information opportunities free to local residents. Activities were geared to all fitness levels, so that beginners and more advanced individuals could participate. The Greenup County Extension office highlighted the FitBlue app and the Greenup County Walking Challenge to educate participants on additional resources we could provide them. Participants reported that it was a fun and educational evening for all families.

GREENUP 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.

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



338

youths participated in local
Extension programming



2,098

individuals made healthier
eating choices



480

participants maintained
savings or investments



1,800

volunteers addressed
community problems



2,257

participants reported
making positive
behavior changes



2,118

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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