



Building Strong Families

IN HART 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
357,815
direct and indirect contacts
with individuals
and families in
Hart County.

SPOTLIGHT: HART COUNTY

Better Me Challenge leads to better blood pressure numbers



The 2014-2016 data profile for Hart County recorded the obesity rate at 31%. In 2013-2015, 36.8% of adults ages 20 and older reported no leisure time for physical activity and 38.3% had hypertension. This inactivity along with the high obesity rate resulted in 24% of adults saying they were in poor to fair health. To begin addressing these health issues, the Hart County Health Department along with the Hart County Family and Consumer Sciences Extension agent teamed up for a four-week program at the high school for teachers and staff. The school nurse recorded participants' baseline blood pressure, weight, and optional measurements. We offered healthy recipes along with samples during lunch breaks and implemented an optional step challenge. After the program, participants who had high blood pressure numbers reported improvement.

HART 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.

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



1,013

youths participated in local
Extension programming



126

demonstrated safe
handling of food



298

individuals made healthier
eating choices



712

adult volunteers



148

youths gained
a better understanding
of substance abuse



445

participants reported
gaining knowledge

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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

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