



# Building Strong Families

## IN JESSAMINE 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  
**26,681**  
direct and indirect contacts  
with individuals  
and families in  
Jessamine County.

### SPOTLIGHT: JESSAMINE COUNTY

## Coronavirus pandemic efforts



The Jessamine County Family and Consumer Sciences Extension agent used unique ways to provide materials and resources to the community during the COVID-19 pandemic. The FCS agent used the county's Facebook page, a weekly article in the Jessamine Journal, a biweekly e-newsletter, porch kits for youth, resource packets for the Nicholasville and Wilmore farmers' markets, and online videos to reach clientele. All of these opportunities provided educational resources to the community in a way that had never been done before. We will continue to listen to the needs of the community to provide them with the information they need to live a healthy life during the COVID-19 pandemic.



## JESSAMINE 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.

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



**1,837**

youths participated in local  
Extension programming



**201**

participants reported  
gaining knowledge



**387**

adult volunteers



**14,140**

volunteer hours were reported  
by FCS Extension program  
volunteers



**475**

students improved  
hand-washing practices



**585**

participants reported  
making positive  
behavior changes

### 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](https://hes.uky.edu/StrongFamilies)

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