



Building Strong Families

IN THE COMMONWEALTH OF KENTUCKY

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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

45,795,824

contacts with
individuals and
families in
Kentucky.

SPOTLIGHT: KENTUCKY

Mental Health First Aid certifies four specialists



Mental health issues affect all of society in some way, shape, or form. It is estimated that one in five Americans will experience a diagnosable mental health disorder in any given year. The stresses, strains, and challenges of everyday life increase our vulnerability and likelihood of encountering many mental health problems. Therefore, the Department of Family and Consumer Sciences at the University of Kentucky has partnered with Mental Health First Aid® USA and certified four FCS specialists as trainers to facilitate trainings for adults and teens, to respond in a mental health emergency, and offer support to someone who appears in emotional distress. The material provides education on signs and symptoms of anxiety, depression, post-traumatic stress disorder, substance misuse, trauma, deliberate self-injury, and more.

KENTUCKY'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.

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



\$383,338

increase in sales
because of Plate it Up!



96,860

individuals made
healthier eating choices



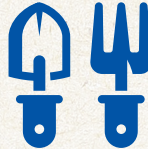
7,625

participants gained financial
management knowledge



368,685

volunteer hours were reported
by FCS Extension
program volunteers



48,119

local families
grew a garden
this year



61,103

participants reported
gaining knowledge

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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

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.



University of Kentucky
College of Agriculture,
Food and Environment
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