Building Strong Families
IN THE COMMONWEALTH OF KENTUCKY

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.
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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**Plate it Up!**
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

*PlateItUp.ca.uky.edu*

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**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.