



Building Strong Families

IN KNOTT 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

260,602

direct and indirect contacts
with individuals
and families in
Knott County.

SPOTLIGHT: KNOTT COUNTY

Get Healthy



According to the 2017 KY: County Health rankings, Knott County ranks 117 of 120 Kentucky counties in health outcomes. To reach adults within our community, we implemented Get Healthy: Knott County. The program helps individuals develop and implement skills to live a healthier lifestyle. The program uses a variety of teaching modes to engage participants including in-person and virtual meetings that reached more than 5,438 people. The program offered a seven-week live Facebook program which consisted of a 15-minute program that highlighted a nutrition topic and recipe demonstration. Participants were able to categorize food according to MyPlate, describe portion sizes, interpret a nutrition label, and plan a menu. Following the program, participants reported being physically active, decreasing the amount of soda they drink, drinking more water, and controlling portion sizes.

KNOTT 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.

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



1,034

miles were walked
by FCS program participants



4,091

individuals made healthier
eating choices



521

participants used knowledge
and skills to improve food
shopping management



2,481

volunteer hours were reported
by FCS Extension program
volunteers



1,345

lifestyles were improved
through a focus
on proper nutrition



4,452

participants reported
making positive
behavior changes

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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.



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