



# Building Strong Families

## IN KNOX COUNTY

### 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 direct and indirect contacts with individuals and families in Knox County.

### SPOTLIGHT: KNOX COUNTY

## Reaching the aging during COVID-19



People are living longer. Kentucky's current population of seniors (65 or older) is 16.4%, according to 2019 Census Data. In regard to the COVID-19 pandemic, this population is considered the most vulnerable. Knox County Extension decided to reach this audience while social distancing. The Knox County Family and Consumer Sciences Council thought it was important to not only consider the physical health of our seniors but also their mental and emotional health. To reach this audience, we offered programming through kits for seniors. We placed kits separately on tables and gave seniors alternating times for picking up the kits to encourage social distancing. These kits included relevant information on COVID-19, hand-washing, health, nutrition, and activities or challenges for the week that stimulated the brain.



## KNOX 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.

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



**92**

participants reported  
their intent to cook more



**953**

volunteer hours were reported  
by FCS Extension program  
volunteers



**69**

participants improved  
skills that will  
strengthen families



**187**

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**.

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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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