

Building Strong Families

IN KNOX COUNTY

OUR FOCUS

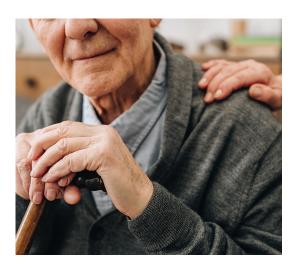
Family and Consumer Sciences (FCS)
Extension is committed to improving
the health and well-being of individuals
and families throughout Kentucky. Our
educational programs focus on making
healthy lifestyle choices, nurturing families,
embracing life as we age, securing financial
stability, promoting healthy 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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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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