



Building Strong Families

IN LINCOLN COUNTY



Rita Stewart
County Extension Agent,
Family and Consumer
Sciences Education

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
3,575,353
direct and indirect contacts
with individuals
and families in
Lincoln County.

SPOTLIGHT: LINCOLN COUNTY

Healthy Heart Jump Start 2020



The Lincoln County Family and Consumer Sciences Extension Agent, along with the Nutrition Education Program Assistant and the Extension Program Assistant initiated the Healthy Heart Jump Start 2020 program. The goal of the program is to empower participants to make healthy lifestyle practice changes to improve their overall health and well-being. Program emphasis included nutrition, physical activity, stress management, and mindfulness. Ephraim McDowell Health Faith Community Nursing sponsored and performed pre-program health screenings free of charge. Throughout the eight-week session, participants met twice a week for a total of 2.5 hours for a nutrition class and for a physical activity, stress management, and mindfulness class at a local gym. Following the program, 100% of participants showed improvement in one or more physical activity behaviors, and 93% of participants showed improvement in one or more diet quality indicators.

LINCOLN 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.

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



1,582

youths reached
through volunteers



\$10,000

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



2,800

pints of food
were preserved



13,690

volunteer hours were reported
by FCS Extension program
volunteers



800

lifestyles were improved
through a focus
on proper nutrition



2,295

participants reported
making positive
behavior changes

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

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

PlateItUp.ca.uky.edu



Listen. Learn. Live Well.

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
Cooperative Extension Service