

University of Kentucky College of Agriculture, Food and Environment *Cooperative Extension Service*

Building Strong Families

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

7,690

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

Virtual 5K in May draws 600 participants



Low levels of physical activity, unhealthy nutrition, and poor mental health are all determinants of several chronic diseases. FitBlueKY, a smartphone-based application, is a four-week walking challenge focused on increasing participants' participation in regular physical activity, choosing a nutritious diet, and improving health outcomes for Kentucky citizens. As an innovative strategy to improve mental health and increase movement, the Family and Consumer Sciences Cooperative Extension implemented the "5K in May," the goal being to finish a virtual 5K race at the end of the month. More than 600 Kentuckians registered for the challenge, with 32 participants crossing that 5K finish line for the first time.

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



234 youths participated in local Extension programming





individuals made healthier eating choices



volunteer hours were reported by FCS Extension program volunteers



437 participants reported gaining knowledge

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Plate it Up!

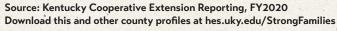
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

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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**.



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