



Building Strong Families

IN OWEN 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
29,555
direct and indirect contacts
with individuals
and families in
Owen County.

SPOTLIGHT: OWEN COUNTY

Mystery Dinner: The Uninvited Guest



The Centers for Disease Control estimates 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne illnesses each year in the United States. The Northern Kentucky Family and Consumer Sciences Extension agents offered the Mystery Dinner: The Uninvited Guest program to educate participants about safe food handling practices. A slide show with foodborne illness statistics and information about common pathogens set the stage for participants to solve the mystery of which pathogen came from which food served at the potluck dinner. Then the participants attended breakout sessions to help them determine the cause of the foodborne illness outbreak. Afterward, each table shared who they thought was the uninvited guest. After the program, 98% of participants reported intentions to improve their food handling practices.

OWEN 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.

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



2,942

youths participated in local
Extension programming



\$2,400

increase in sales
because of Plate it Up!



174

participants reported
their intent to cook more



1,058

adult volunteers



679

individuals made healthier
eating choices



549

participants reported
making positive
behavior changes

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FCS.uky.edu



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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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