



Building Strong Families

IN OWSLEY 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

151,084

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

SPOTLIGHT: OWSLEY COUNTY

SuperStar Chef cooking camp



According to 2017 data from the State of Obesity website, the obesity rate for children ages 10 to 17 in Kentucky is 19.3%. This places Kentucky at third highest in the nation for childhood obesity rates in this age group. Recent research has indicated that teaching cooking skills to children encourages healthier food choices, which can lower obesity rates. In an effort to address this problem, the Owsley County Family and Consumer Sciences Extension agent partnered with the University of Kentucky Nutrition Education Program to present SuperStar Chef, a three-day camp for students ages 9 through 12 that is designed to teach kitchen safety, food safety, nutrition concepts, and physical activity. Of those who participated, 94% reported intending to make healthier eating habits moving forward.

OWSLEY 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.

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



1,147

youths participated in local
Extension programming



435

individuals made healthier
eating choices



107

participants improved skills
to feel more in control
of their money



931

volunteer hours were reported
by FCS Extension program
volunteers



122

demonstrated safe
handling of food



453

participants reported
making positive
behavior changes

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University of Kentucky Family and
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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**.

Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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