

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

# Building Strong Families

### IN POWELL COUNTY



**Kendyl Redding** 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

# 31,709

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

#### **SPOTLIGHT: POWELL COUNTY**

# Girls on the Run builds character, connections, confidence



According to the National Survey of Children's Health, Kentucky is ranked the third highest state for childhood obesity with 20.8% of youth ages 10 to 17 being obese. The overall increase in obesity is a result of behaviors that influence excess weight gain including poor diet, lack of physical activity, and sedentary activities such as watching television or other screen devices. Girls on the Run is a national, physical activity-based positive youth development program for girls. Each season, girls will gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships, and how they can have a positive impact on the world. The Girls on the Run curriculum is designed to help girls build confidence, character, and connections to become caring and competent individuals who will contribute to their communities.

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



youths participated in local Extension programming



9 6<sup>9</sup>

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





by FCS Extension program volunteers

> 2,435 participants reported making positive

behavior changes

# Connect with us!



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WEBSITE FCS.uky.edu

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# Plate it Up!

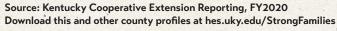
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