**Building Strong Families**

**IN POWELL COUNTY**

**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.

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**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.

823 youths participated in local Extension programming

$9,000 in EBT, WIC, or senior benefits were redeemed at farmers’ markets

550 volunteer hours were reported by FCS Extension program volunteers

300 lifestyles were improved through a focus on proper nutrition

1,850 individuals made healthier eating choices

2,435 participants reported making positive behavior changes

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WEBSITE FCS.uky.edu
FACEBOOK Facebook.com/UKFCSExt
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Plate it Up!

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