



Building Strong Families

IN POWELL 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
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.



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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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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