



Building Strong Families

IN TRIMBLE 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 **21,489** direct and indirect contacts with individuals and families in Trimble County.

SPOTLIGHT: TRIMBLE COUNTY

Recipe for Life fights childhood obesity



According to the CDC, 19.7% of Kentucky's youth ages 10 to 17 years old are obese, making us the eighth highest in the nation. In a recent study, it was found that cooking and eating at home decreases the odds of obesity. The Trimble County Cooperative Extension Service, Trimble County School system, community volunteers, the Trimble County Schools Youth Services Center and the Family Resource Center collaborated on the Trimble County fifth grade Recipe for Life project. Through the program, students improved their communication and social skills by working in a small group with the common goal of preparing a dish for the group meal. As a result of the program, students reported improving their skills in the kitchen and plan to eat new foods including more fruits and vegetables.

TRIMBLE 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.

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



325

participants addressed
community problems



557

individuals made healthier
eating choices



1,160

volunteer hours were reported
by FCS Extension program
volunteers



257

participants used
access points that offered
healthy foods



749

participants reported
making positive
behavior changes



729

participants reported
gaining knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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