



Building Strong Families

2022

IN ALLEN 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 2020-2021,
Family and Consumer
Sciences Extension made

1,378

direct and

369,369

indirect contacts with
individuals and families in
Allen County.

SPOTLIGHT: ALLEN COUNTY

‘Keys to Embracing Aging’ helps seniors during COVID-19



Health and safety-related decisions that individuals and families make across the lifespan directly affect the overall well-being and the ability to age well. After speaking with the director of the Scottsville Senior Center, who stated that the seniors missed their usual activities and social time together, the Allen County FCS Extension agent partnered with the center to offer Keys to Embracing Aging. The programming included weekly challenges and self-taught lessons through “grab and go” newsletters. Sixty-three people received the weekly newsletter program, and 12 participants completed program pre-evaluations. Most participants reported regular healthy lifestyle practices across all 12 “keys.” Almost two-thirds, 64%, of participants reported an improvement with stress management, and 55% reported improvement with engaging in meaningful social activity and financial management.

ALLEN 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.

Allen County's FCS Extension programming in 2020-2021 led to the following results.



1,424

volunteer hours were
reported by FCS Extension
program volunteers



150

recipe cards
distributed throughout
the community



72

individuals
made healthier
eating choices



104

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, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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