



Building Strong Families

2022

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

1,601

direct and

27

indirect contacts with
individuals and families in
Anderson County.

SPOTLIGHT: ANDERSON COUNTY

Big Blue Goals 2021



Annually, Family and Consumer Sciences agents and staff see increased interest from clients in health-behavior choices around the new year. This year, in an effort to reach both current and new clients, FCS Extension rolled out a new 10-week program called Big Blue Goals. Participants chose between an online platform that could be operated from a smartphone, computer, or tablet, or traditional paper format. They received regular information about a variety of topics such as preparing meals at home, increasing physical activity, consuming fruits and vegetables, making sound financial decisions, living well, and increased relationship skills. Participants were rewarded with incentive items for their efforts and for their continued participation. Statewide, 1,497 individuals participated resulting in 337,124 minutes of physical activity.

ANDERSON 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.

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



1,593

youths
participated in local
Extension programming



450

recipe cards
distributed throughout
the community



22

adult
volunteers



Get FitBlue!

Get physical activity
and meal ideas, track
your movement and eating,
and improve your health!

**Download the app
on the Apple App Store
or Google Play.**



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100 delicious, healthy recipes
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PlateltUp.ca.uky.edu



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you a podcast focusing on nutrition,
health, resource management, and more.
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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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