



# Building Strong Families

2022

## IN BALLARD 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

**1,761**

direct and

**3,351**

indirect contacts with  
individuals and families in  
Ballard County.

### SPOTLIGHT: BALLARD COUNTY

## ‘All Things Air Fryer’ demonstrates appliance’s potential



Air Fryers have become the newest kitchen appliance that is a must for those wanting to fry foods without all the saturated fats, salts, and cholesterol. To increase consumer awareness of the versatility of an air fryer, the Ballard County FCS Extension Office hosted the All Things Air Fryer program. The program discussed what an air fryer is, how it works, the health benefits, and all the uses. We gave a demonstration on how to make muffins in an air fryer, showing you can do more than just make savory foods. We reached 136 people through programming via Facebook and YouTube. After the program, more than 90% of participants reported having a better understanding of an air fryer and said they would change from traditional frying methods to using an air fryer.



## BALLARD 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.

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



**177**

youths  
participated in local  
Extension programming



**75**

participants used  
access points that  
offered healthy foods



**65**

individuals had intentions  
to change the way they care  
for clothing



**5,500**

volunteer hours were  
reported by FCS Extension  
program volunteers



**75**

participants had intentions  
to make lifestyle changes  
to improve their health

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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UKFCSExt**



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UKFCSExt**



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**UKFCSExt  
.podbean.com**



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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, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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