



# Building Strong Families

2022

## IN BARREN 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

**646**

direct and

**435,695**

indirect contacts with  
individuals and families in  
Barren County.

### SPOTLIGHT: BARREN COUNTY

## Activating cultural competency in the community



We may loosely define the concept of "cultural competency" as the ability to understand, appreciate, and interact with people from cultures or belief systems different from our own. As our communities become more diverse, it is important that we all develop an understanding of "cultural competency." 2020 appeared to be the "summer of social justice." More folks than ever seemed to be interested in becoming more culturally competent. Per the request of community organizations, the Barren County FCS Extension agent organized and facilitated a virtual program expanding on the concept of cultural competency. The agent also assembled a panel of local experts and educators to provide insight on what it means to be culturally competent, the benefits of cultural competency, microaggressions, and impact. More than 100 people attended, and 238 and counting have viewed the recorded video.



## BARREN COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

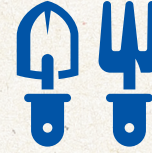
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

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



**50**

children increased their ability to express emotion after attending the FCS Extension programming



**\$7,914**

in EBT, WIC, or senior benefits were redeemed at farmers' markets



**28**

adult volunteers



**195**

participants reported gaining knowledge

### Connect with us!



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### Listen. Learn. Live Well.

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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