



Building Strong Families

2022

IN BELL 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

3,304

direct and

63,183

indirect contacts with
individuals and families in
Bell County.

SPOTLIGHT: BELL COUNTY

The keys to managing stress during a pandemic



2020 and 2021 held many challenges for everyone across the United States. Helping people learn to manage and cope with obstacles in a safe way while staying connected with their community but physically distanced was the focus and goal. To help in this area, the Bell County FCS Extension Office provided weekly Keys to Embracing Aging grab and go kits. This program focused on ways to manage your stress, the power of keeping a positive attitude, and keeping your brain active. All of which are important when dealing with life's changes. A total of 20 grab and go kits were picked up. After the program, 90% of participants reported that they had chosen to handle stress appropriately, and 80% indicated that they now take 30 minutes a day to themselves.

BELL 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.

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



522

youths
participated in local
Extension programming



63

participants
made a sound
financial decision



91

participants had intentions
to make lifestyle changes
to improve their health



176

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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