



Building Strong Families

2022

IN BOONE 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

5,847

direct and

484,505

indirect contacts with
individuals and families in
Boone County.

SPOTLIGHT: BOONE COUNTY

Lessons help families talk about end-of-life planning



Discussing end-of-life wishes and plans can be uncomfortable but important. With the COVID-19 pandemic affecting individuals and families in a variety of ways, planning for end-of-life became a focus for many. To support our community in these efforts, the Boone County FCS Extension Office held a series of programs focused on planning for and communicating about end-of-life wishes. The series included three lessons: "Passing on Personal Possessions: Who Gets Grandma's Yellow Pie Plate?", "Wills, Legal Documents, and Probate Explained," and "What Every Spouse (and Family) Should Know." More than 100 (106) participants engaged in one or more of the sessions. After the programming, more than 50% of participants reviewed and updated their wills, organized their important papers, and talked with their loved ones about where their important documents are located.

BOONE 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.

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



85

participants
adopted new
physical activity practices



1,219

pints
of food
were preserved



500

participants reported
preparing more healthy
homecooked meals



172

adult
volunteers



608

individuals
made healthier
eating choices



100

participants
gained financial
management 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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