



Building Strong Families

2022

IN BOYLE 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

5,336

direct and

34,029

indirect contacts with
individuals and families in
Boyle County.

SPOTLIGHT: BOYLE COUNTY

Communities explore solutions to addiction crisis



Substance use and Substance Use Disorder (SUD) are pervasive public health problems in the United States. In Kentucky, since the beginning of the COVID-19 pandemic, counties have seen increases in hospitalizations, infectious diseases, nonfatal overdoses, and other complications related to drug use, all while leading the nation in incidence of hepatitis C. In response to these growing problems, the Kentucky Extension Homemakers Association (KEHA) leader training system, the Boyle County FCS Extension agent, along with seven other county agents offered an evening addiction education session for local communities. Agents convened community leaders and stakeholders to discuss the nature of the addiction crisis and explore solutions. The local county prosecutor, treatment providers, and even individuals with lived experience joined a panel discussion to help participants better understand addiction, stigma, and available resources.

BOYLE 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.

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



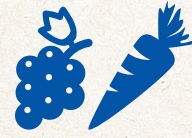
45

participants reported
preparing more healthy
homemade meals



245

individuals
made healthier
eating choices



200

community members purchased
fruits and vegetables from
the Plate it Up! recipe card



55

program participants
increased their
physical activity



100

participants made
lifestyle changes
to improve their health



53

demonstrated
safe handling
of food

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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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