



Building Strong Families

2022

IN CRITTENDEN 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

5,343

direct and

105,924

indirect contacts with
individuals and families in
Crittenden County.

SPOTLIGHT: CRITTENDEN COUNTY

‘Cook Together, Eat Together’ reaches families through Facebook



Eating more fruits and vegetables is a critical behavior for health promotion and disease prevention. Despite the importance of eating more produce, it is also one of the most difficult eating behaviors to change. To address this challenge, the Crittenden County FCS Extension Office offered Cook Together, Eat Together virtually. Participants were invited to join a closed Facebook group through the Crittenden County Cooperative Extension Facebook page. Nine families participated in the program with youths ranging in age from 5 to 15. All 9 families were new to FCS programming. On average, more than half of the group members were engaged with each of the weekly classes. After the program, participants reported practicing the recipes they learned through the class at home and feel their family benefited from the program.

CRITTENDEN 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.

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



1,193

youths
participated in local
Extension programming



60

individuals
made healthier
eating choices



677

adult
volunteers



365

individuals sought
support from local
community organizations



183

volunteer hours were
reported by FCS Extension
program volunteers



87

participants
reported gaining
knowledge

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University of Kentucky Family and
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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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