



# Building Strong Families

2022

## IN CUMBERLAND 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

**1,204**

direct and

**69,729**

indirect contacts with  
individuals and families in  
Cumberland County.

### SPOTLIGHT: CUMBERLAND COUNTY

## ‘Keys to Embracing Aging’ promotes healthier, safer lifestyle



Health and safety-related decisions that individuals and families make across the lifespan directly affect their overall well-being and the ability to age well. Yet many individuals make choices which result in poor overall health and high chronic disease rates. To help address these issues, the Cumberland County FCS Extension Office offered Keys to Embracing Aging, an educational health intervention program aimed at improving overall health by focusing on ways to empower and take control of one's health and wellness decisions and behaviors. Seventeen participants received all 12 publications and challenge calendars. After the program, more than half of the participants reported that they implemented at least one strategy to promote a healthier or safer lifestyle, and all participants reported an improved understanding regarding the impact that lifestyle choices have on their overall health and well-being.



## CUMBERLAND 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.

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



**281**

youths  
participated in local  
Extension programming



**268**

participants used  
food labels to make  
healthy food choices



**112**

participants  
gained financial  
management knowledge



**215**

adult  
volunteers



**180**

participants used  
access points that  
offered healthy foods



**221**

participants  
reported gaining  
knowledge

### Connect with us!



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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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