



Building Strong Families

2022

IN FAYETTE COUNTY



Diana Doggett
County Extension Agent,
Family and Consumer
Sciences Education

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

36,170

direct and

90,735

indirect contacts with
individuals and families in
Fayette County.

SPOTLIGHT: FAYETTE COUNTY

Technology has changed estate planning



In the modern age of technology, the nature of estate planning has changed. Because so much personal information is stored online, new strategies must be undertaken to protect one's digital assets. Digital estate planning helps loved ones to locate and access important digital information, it may clarify disputes regarding final will and testament, and it may simplify the transition for family members. In partnership with Bluegrass Elder Law, the Fayette County FCS Extension Office offered Planning Your Digital Estate via Zoom and live streaming to 47 participants, many of whom were leaders of other groups and planned to share the information. After the program, more than 90% of participants committed to using the information to take inventory and write a personal digital estate plan for themselves.

FAYETTE 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.

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



225

youths
reached
through volunteers



518

individuals
made healthier
eating choices



1,500

participants
gained financial
management knowledge



19,667

volunteer hours were
reported by FCS Extension
program volunteers



260

participants had intentions
to make lifestyle changes
to improve their health



1,805

participants
reported gaining
knowledge

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateItUp.ca.uky.edu



Listen. Learn. Live Well.

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

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service