



Building Strong Families

2022

IN GRANT COUNTY



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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

1,666

direct and

11,716

indirect contacts with
individuals and families in
Grant County.

SPOTLIGHT: GRANT COUNTY

Bringing laughter and happiness in uncertain times



The COVID-19 pandemic has greatly affected our communities. The pandemic has brought new challenges and struggles, including an increase in overall mental health issues such as anxiety and depression. With this in mind, the Grant and Boone County FCS Extension Offices teamed up to offer Laughter, Motivation, and a Blueprint to Happiness. This two-part class focused not only on motivation and laughter, but also on how to build happiness around you. Participants learned about the benefits of laughter, the power of positivity, how to motivate themselves and others, recognizing strengths in themselves and others, and five strategies to building a happier life. After the program, 85% of participants reported actively trying to replace negative thinking habits with positive ones.

GRANT 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.

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



410

youths
participated in local
Extension programming



44

adult
volunteers



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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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