



Building Strong Families

2022

IN GREENUP 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

1,584

direct and

175,558

indirect contacts with
individuals and families in
Greenup County.

SPOTLIGHT: GREENUP COUNTY

‘Recovering your Finances’ works to prevent relapse



Financial stress can put individuals in recovery from substance use disorder at risk for relapse, particularly during the early stages of recovery. Through comprehensive financial education training, we can expand the capacity of recovery centers and other partners in the community that work with individuals in recovery thereby reducing the likelihood of relapse. To address this concern, the Greenup County FCS Extension Office partnered with Journey House, a living facility for women who have been diagnosed with moderate to severe substance abuse disorder and offered the Recovering Your Finances curriculum to help build financial capability. Topics presented include budgeting, credit, banking, savings, and more. After the program, all participants reported having a better understanding of the financial consequences of substance use.

GREENUP 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.

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



148

youths
participated in local
Extension programming



962

individuals
made healthier
eating choices



275

participants used
access points that
offered healthy foods



150

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



500

participants made
lifestyle changes
to improve their health



50

individuals sought
support from local
community organizations

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FCS.uky.edu



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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

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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