



Building Strong Families

2022

IN HARDIN 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

11,628

direct and

21,561

indirect contacts with
individuals and families in
Hardin County.

SPOTLIGHT: HARDIN COUNTY

Walktober event logs 16 million steps



After noticing that trails and physical activity events seem to slow down after school goes back in session, and then again once the fall season hits, the Hardin County FCS Extension Office decided to offer the Walktober Challenge. The intent was to encourage individuals to continue getting their normal summer steps in throughout fall, or more. We posted on social media to promote the event. More than 75 community members (77) participated and logged almost 16 million steps, an estimated 7,942 miles. Many participants reported that the challenge motivated them to walk more than they usually would, one participant reported that because of the walking, she has been able to stop taking three different medications. All participants were interested in doing more challenges in the future.

HARDIN 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.

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



708

youths
participated in local
Extension programming



267

individuals
made healthier
eating choices



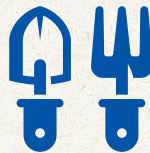
\$40,000

saved as a result
of FCS's Financial
Education Program



41,028

volunteer hours were
reported by FCS Extension
program volunteers



\$500

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



347

participants
reported gaining
knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
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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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