



Building Strong Families

2022

IN HART 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

817

direct and

563,162

indirect contacts with
individuals and families in
Hart County.

SPOTLIGHT: HART COUNTY

‘Healthy with Hart’ logs almost 6,000 miles



Low levels of physical activity, unhealthy nutrition, and poor mental health are all determinants of several chronic diseases. During the COVID-19 pandemic, research indicated that the determinants were at an all-time high and considered major public health concerns that required effective behavior change interventions. With this in mind, the Hart County FCS Extension agent and 4-H agents looked at ways to increase the amount of health education and exercise for local citizens by offering the Healthy with Hart Walking Program challenge. Throughout the four-week challenge, we gave participants health tips and encouragement through a private Facebook group. More than 70 adults and youths (72) participated in the program, and the group walked 5,931 total miles. After the program, 90% of participants expressed they were more aware of the benefits of regular physical activity.

HART 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.

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



28

individuals
made healthier
eating choices



29

participants
gained financial
management knowledge



251

youths
participated in local
Extension programming



37

participants reported
a better understanding
of clothing care and repair

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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