



Building Strong Families

2022

IN HICKMAN COUNTY



Melissa Goodman
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

1,452

direct and

12,118

indirect contacts with
individuals and families in
Hickman County.

SPOTLIGHT: HICKMAN COUNTY

‘Positive Employability’ creates behavior change



Research says that 85% of job success comes from having well-developed soft and people skills, while only 15% of job success comes from technical skills and knowledge (hard skills). Employers are often prepared to teach technical job skills; however, the intangible skills of being a team player, time management, and positive attitude are difficult to teach on-site but are critical to success. To address this need, the Hickman County FCS Extension Office partnered with Hickman County High School, Hickman County KAPS Family Resource Center, Second Baptist Church, Career Coach Kim Watts, and many local businesses and led an Adulting Series and offered Positive Employability. The sessions offered interactive learning activities including Ten Soft Skills for Success, Communication Skills, and Professional Etiquette as well as resume and interview skills. After the program, 93% of participants reported planning to use their soft skills.

HICKMAN 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.

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



577

youths
participated in local
Extension programming



500

participants used
access points that
offered healthy foods



\$800

increase in sales
because of
Plate it Up!



520

volunteer hours were
reported by FCS Extension
program volunteers



300

individuals sought
support from local
community organizations



466

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.

PlateltUp.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