



# Building Strong Families

2022

## IN JEFFERSON COUNTY



**Valerie Holland**  
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

**17,855**

direct and

**21,815**

indirect contacts with  
individuals and families in  
Jefferson County.

### SPOTLIGHT: JEFFERSON COUNTY

## Learning red flags can help you avoid being scammed



Fraud can happen to anyone. According to the U.S. Senate Special Committee on Aging 2019 Fraud Book, it is estimated that older Americans lose at least \$2.9 billion per year to financial exploitation schemes and scams. The best way to protect yourself from financial fraud and scams is to be aware of the tactics con artists use and learn to recognize red flags so you can avoid being tricked. To increase consumer knowledge on fraud and fraud prevention, the Jefferson County FCS Extension agent hosted a workshop titled Scam Red Flags and Avoiding Fraud for the Louisville Area Extension Homemakers. After the program, more than 85% of participants reported that they were able to understand the tricks and tactics a con artist might use and plan to report potential fraud and scams.



## JEFFERSON 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.

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



**351**

youths  
participated in local  
Extension programming



**130**

participants reported  
preparing more healthy  
homecooked meals



**40**

pints  
of food  
were preserved



**8,550**

volunteer hours were  
reported by FCS Extension  
program volunteers



**130**

individuals  
made healthier  
eating choices



**149**

participants  
reported gaining  
knowledge

### Connect with us!



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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](https://hes.uky.edu/StrongFamilies)

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