



# Building Strong Families

2022

## IN JESSAMINE 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

**1,744**

direct and

**13,685**

indirect contacts with  
individuals and families in  
Jessamine County.

### SPOTLIGHT: JESSAMINE COUNTY

## Participation increases when financial program goes online



The Jessamine County FCS Extension Office partnered with Bluegrass Community Action Partnership to host a five-week online series on Financial Management. The sessions were 30 to 45 minutes and covered basic budgeting, credit repair, saving, scams, and couponing. The program used PowerPoint slides to share the information with the class and facilitated group discussions. The sessions averaged eight to 10 participants per session, roughly a 300% attendance increase compared to in-person financial classes. All participants reported that they planned to make a personal financial change. Because of the much higher participation rate, financial classes will continue to be offered online in the future.



## JESSAMINE 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.

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



**912**

youths  
participated in local  
Extension programming



**3,060**

recipe cards  
distributed throughout  
the community



**159**

participants reported  
a better understanding  
of clothing care and repair



**79**

adult  
volunteers



**150**

participants had intentions  
to make lifestyle changes  
to improve their health



**150**

participants used  
food labels to make  
healthy food choices

### Connect with us!



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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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