



Building Strong Families

2022

IN JOHNSON 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

2,828

direct and

151,769

indirect contacts with
individuals and families in
Johnson County.

SPOTLIGHT: JOHNSON COUNTY

Basic quilting and sewing taught online



Following the Covid-19 pandemic, we have seen rejuvenated interest in sewing and quilting. The Johnson County FCS Extension agent recognized the need for positive and constructive activities for youths and adults alike and offered a lesson on making t-shirt quilts, basic quilting, and dyeing fabrics. This lesson included making the basic nine-patch quilt block. We created 60 grab and go bags for the general public with another 60 for specific FCS classes at Paintsville High School. We provided tutorials through Facebook. A follow-up activity will be offered to help assemble the separate blocks into small quilts for foster children. After the program, 85% of participants reported that this was their first time threading a needle, tying a knot, and sewing a running stitch.

JOHNSON 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.

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



48

youths
participated in local
Extension programming



65

demonstrated
safe handling
of food



2,010

volunteer hours were
reported by FCS Extension
program volunteers



142

adult
volunteers



50

individuals engaged in coalitions
or organizations to address
a significant community issue



106

participants
reported gaining
knowledge

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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

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