



# Building Strong Families

2022

## IN LAWRENCE 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

**10,998**

direct and

**122,913**

indirect contacts with  
individuals and families in  
Lawrence County.

### SPOTLIGHT: LAWRENCE COUNTY

## ‘Virtual Dining with Diabetes’ teaches diabetics healthy nutrition



Lawrence County has upwards of 20% of the adult population diagnosed with diabetes. Although community members may know about the diagnosis or the diagnosis of a loved one, learning how to manage this new lifestyle can be difficult. To help address this issue, the Lawrence County FCS Extension agent partnered with the Lewis County FCS Extension agent and hosted the National Dining with Diabetes program. We adapted the program to be conducted virtually. It featured four separate virtual Zoom classes, with each focusing on one aspect of managing diabetes and healthy nutrition. After the program, participants indicated an increase in knowledge of basic nutrition principles that relate to diabetes along with an increase in knowledge of recipes and food preparation that could benefit those with diabetes.



## LAWRENCE 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.

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



**155**

Youths  
participated in local  
Extension programming



**964**

individuals  
made healthier  
eating choices



**500**

volunteer hours were  
reported by FCS Extension  
program volunteers



**300**

participants used  
access points that  
offered healthy foods



**936**

participants  
adopted new  
physical activity practices



**634**

participants  
reported gaining  
knowledge

### Connect with us!



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**FCS.uky.edu**



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100 delicious, healthy recipes  
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**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](https://hes.uky.edu/StrongFamilies)

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