



Building Strong Families

2022

IN LEE 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

4,129

direct and

80,501

indirect contacts with
individuals and families in
Lee County.

SPOTLIGHT: LEE COUNTY

Big Blue Goals leads to adopting physical activity practices



Annually, FCS agents and staff see an increased interest from our community in health-behavior choices around the new year. This year, to reach both current and new community members, the Lee County FCS Extension Office offered Big Blue Goals. We designed this program to allow for participation through either an online platform (Goalify app) that could be operated on a smartphone, computer, or tablet, or through a traditional paper format. Participants received regular educational information under six challenges which included preparing meals at home, increasing physical activity, consuming fruits and vegetables, making sound financial decisions, living well, and improving relationship skills. A dozen individuals participated in the physical activity challenge and had a combined total of 22,500 minutes of physical activity. As a result of programming, 66% of participants adopted a new physical activity practice.

LEE 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.

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



1,641

Youths
participated in local
Extension programming



55

volunteer hours were
reported by FCS Extension
program volunteers



41

participants
made a sound
financial decision



78

parents and/or caregivers
reported improved
personal skills



250

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

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.



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