



# Building Strong Families

2022

## IN LETCHER 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

**12,392**

direct and

**206,249**

indirect contacts with  
individuals and families in  
Letcher County.

### SPOTLIGHT: LETCHER COUNTY

## Program encourages exercise, portion control, cooking at home



According to Kentucky by the Numbers, Letcher County has 37.8% of adults who are overweight or obese with 23.1% diagnosed with diabetes. To address these concerns, the Letcher County FCS Extension Office offered Dining with Diabetes virtually to adults with diabetes and/or family members responsible for meal planning and preparation. As a result of the program, 50% of participants reported exercising continuously for 30 minutes on 3 or more days of the week, 75% used portion control as one way to manage diabetes and felt confident in their abilities to keep their diabetes under control or help the person they care for keep their diabetes under control, and all reported cooking more meals at home.



## LETCHER 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.

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



**120**

participants  
used strategies that  
reduced financial expenses



**320**

demonstrated  
safe handling  
of food



**274**

pints  
of food  
were preserved



**1,186**

volunteer hours were  
reported by FCS Extension  
program volunteers



**1,331**

participants  
adopted new  
physical activity practices



**571**

participants  
reported gaining  
knowledge

### 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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