



Building Strong Families

2022

IN LINCOLN 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

4,378

direct and

4,162,635

indirect contacts with
individuals and families in
Lincoln County.

SPOTLIGHT: LINCOLN COUNTY

Virtual conversation answers COVID questions



The Leading Healthy Community Connections Leadership group initiated the #strongertogetherlincoln program as their 2020 leadership project. Members meet twice a month to plan educational programs related to mental health. They identified topics, promoted the programs, and evaluated the programs. After members suggested a program focused on the COVID-19 vaccines, the Lincoln County FCS Extension agent in partnership with the local health department offered virtually A Conversation about COVID-19 live. Some participants called in questions before the program, while others asked questions during the program. We provided answers about getting an appointment, where to get the vaccine, effectiveness of the available vaccines, who is eligible to get the vaccine first, etc. A recording of the program was made available on our Facebook page for those who were not able to join.

LINCOLN 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.

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



410

program participants
increased their
physical activity



1,110

individuals
made healthier
eating choices



\$1,000

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



1,500

recipe cards
distributed throughout
the community



825

participants had intentions
to make lifestyle changes
to improve their health



1,725

participants
reported gaining
knowledge

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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

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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