



Building Strong Families

2022

IN LYON 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

2,019

direct and

1,530

indirect contacts with
individuals and families in
Lyon County.

SPOTLIGHT: LYON COUNTY

‘Walktober’ helps clients fall into exercise routines



Low levels of physical activity, unhealthy nutrition, and poor mental health are all determinants of several chronic diseases. These behaviors are now considered major public health concerns and require effective behavior change interventions. Fit Blue is a community-based campaign to increase physical activity and health awareness in the Commonwealth of Kentucky. As an innovative strategy to improve and increase movement, the Lyon County FCS Extension agent and six other county agents and staff offered Walktober, a Fit Blue Challenge. Through this program, participants focused on improving health behaviors by making lifestyle choices to increase physical activity and eat nutritious meals. A total of 159 adults participated in this program, reporting 32,645,552 steps, which is approximately 16,323 miles. After the program, more than half of participants noticed an improvement in their health indicators.

LYON 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.

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



342

individuals
made healthier
eating choices



224

participants reported
preparing more healthy
homecooked meals



4,776

volunteer hours were
reported by FCS Extension
program volunteers



48

participants
gained financial
management 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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