



Building Strong Families

2022

IN METCALFE 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 **2,677** direct and **586,596** indirect contacts with individuals and families in Metcalfe County.

SPOTLIGHT: METCALFE COUNTY

Gardening and Outdoor Activity for Physical and Mental Healthiness



The Metcalfe County FCS agent created a comprehensive curriculum and evaluation, with the theme of Gardening and Outdoor Activity for Physical and Mental Healthiness. We offered monthly Homemaker Leader Trainings in-person to 64 Homemaker Leaders. These leader volunteers then delivered the lesson to the members of their Homemaker Clubs. As a result of participating in this leader training, more than 50% of participants reported an increased awareness of mental health and mental distress issues and the tools available to help discuss mental health with a health-care provider. They also increased their ability to implement modified gardening methods and other outdoor activities to improve their physical and mental healthiness, and increased their understanding of the benefits of outdoor activities to mental and physical health.

METCALFE 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.

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



347

youths
participated in local
Extension programming



273

individuals
made healthier
eating choices



\$6,737

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



2,220

volunteer hours were
reported by FCS Extension
program volunteers



129

participants used
food labels to make
healthy food choices



343

participants used
access points that
offered healthy foods

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health, resource management, and more.
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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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