



Building Strong Families

2022

IN MONTGOMERY 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

219

direct and

67,361

indirect contacts with
individuals and families in
Montgomery County.

SPOTLIGHT: MONTGOMERY COUNTY

Adulting sessions help teens budget, grocery shop, maintain cars



According to the Monitoring the Future study published in the academic journal Child Development, there are big shifts occurring in the lives of American teenagers. Today's teenagers are about three years behind their 1970s peers in a variety of "adult activities," including working for pay and driving. To help address this issue, the Montgomery County FCS Extension agent offered 10 60-minute sessions of the Adulting program, which focuses on cooking, sewing, budgeting, etiquette, laundry, etc. After the program, 90% of participants reported being able to make a list when grocery shopping and incorporate nutritious foods, 82% reported being more confident in simple car maintenance, and all participants increased their budgeting knowledge.

MONTGOMERY 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.

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



72

youths
participated in local
Extension programming



43

individuals
made healthier
eating choices



52

participants
reported gaining
knowledge



1,050

volunteer hours were
reported by FCS Extension
program volunteers



127

program participants
increased their
physical activity

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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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