



Building Strong Families

2022

IN MORGAN 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

106,876

direct and

764,148

indirect contacts with
individuals and families in
Morgan County.

SPOTLIGHT: MORGAN COUNTY

Youths learn healthy alternatives to drugs



The Kentucky Cabinet for Health and Family Services reports that 10% of adolescents acknowledged illicit drug use in the past month. Substance use prevention programming is critical to prevention, delayed onset, and/or early identification of substance use. To combat this issue, the Morgan County Family and Consumer Sciences and 4-H/YD Extension agents and middle school partners learned The LifeSkills Training (LST) program developed by Botvin. The program teaches self-management and social skills to increase self-efficacy and reduce substance use in youths and young adults. Throughout the 2020-21 school year, agents taught approximately 100 students the 15-lesson program. After the program, 91% of participants reported they would use a relaxation strategy to cope with stress, as opposed to engaging in deviant or unhealthy behavior.

MORGAN 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.

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



1,970

youths
participated in local
Extension programming



1,285

pints
of food
were preserved



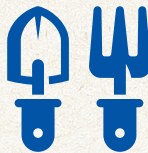
\$775

saved as a result
of FCS's Financial
Education Program



1,282

volunteer hours were
reported by FCS Extension
program volunteers



\$2,200

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



1,050

participants
reported gaining
knowledge

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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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