



Building Strong Families

2022

IN NICHOLAS COUNTY

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

210

direct and

1,450

indirect contacts with
individuals and families in
Nicholas County.

SPOTLIGHT: NICHOLAS COUNTY

Learning to make potlucks healthier



According to the Centers for Disease Control and Prevention, Kentucky ranks in the top 10 for deaths because of diabetes, heart disease, and cancers. Food choices are an important factor in the management and prevention of these diseases. To address this concern, the Nicholas County FCS Extension Office offered Sharing Meals: A Smarter Guide to Potlucks. This program highlights ways to recognize the healthier options and making sure you give yourself enough variety. Changing up the presentation of your foods can make the healthier food choices even more eye catching. After the program, all participants reported being ready to make smarter choices once we can gather for potlucks once again and agreed they would use "How Does your Potluck Measure Up?" or the "Smarter Potluck Signup" to ensure their future potlucks feature healthy options for everyone.

NICHOLAS 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.

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



1,700

participants used
access points that
offered healthy foods



30

individuals
made healthier
eating choices



\$30

increase in sales
because of
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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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