



# Building Strong Families

2022

## IN OLDHAM 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

**21,370**

direct and

**102,140**

indirect contacts with  
individuals and families in  
Oldham County.

### SPOTLIGHT: OLDHAM COUNTY

## Big Blue Goals 2021



Annually, Family and Consumer Sciences agents and staff see increased interest from clients in health-behavior choices around the new year. This year, in an effort to reach both current and new clients, FCS Extension rolled out a new 10-week program called Big Blue Goals. Participants chose between an online platform that could be operated from a smartphone, computer, or tablet, or traditional paper format. They received regular information about a variety of topics such as preparing meals at home, increasing physical activity, consuming fruits and vegetables, making sound financial decisions, living well, and increased relationship skills. Participants were rewarded with incentive items for their efforts and for their continued participation. Statewide, 1,497 individuals participated resulting in 337,124 minutes of physical activity.



## OLDHAM 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.

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



**160**

youths  
participated in local  
Extension programming



**131**

individuals  
made healthier  
eating choices



**131**

participants reported  
preparing more healthy  
homecooked meals



**440**

volunteer hours were  
reported by FCS Extension  
program volunteers



**131**

participants made  
lifestyle changes  
to improve their health

### Connect with us!



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**FCS.uky.edu**



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University of Kentucky Family and  
Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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