



# Building Strong Families

2022

## IN OWSLEY 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

**5,791**

direct and

**29,019**

indirect contacts with  
individuals and families in  
Owsley County.

### SPOTLIGHT: OWSLEY COUNTY

## 'Parent Academy' reaches first-time moms



More than 48% of Owsley County children live in poverty, and more than 47% are not ready for kindergarten. In Owsley County, teen births are higher than the state average, and more than 45% of pregnant women smoke during pregnancy. To address this issue, the Owsley County FCS Extension Office collaborated with the local health department and Kentucky River Community Care to offer a six-part virtual series, with one in-person session, titled Parent Academy. The program addressed prenatal care, delivery, infant health and safety, parenting, nutrition, and access to health and child development services. We placed advertisements in the local newspaper, on social media, and in newsletters. Half of the participants were first-time mothers. After the program, many participants reported knowing more about the benefits of breastfeeding, car seat safety, and baby milestones.



## OWSLEY 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.

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



**243**

youths  
participated in local  
Extension programming



**80**

individuals  
made healthier  
eating choices



**\$7,600**

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



**625**

recipe cards  
distributed throughout  
the community



**84**

program participants  
increased their  
physical activity

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



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100 delicious, healthy recipes  
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**PlateltUp.ca.uky.edu**



### Listen. Learn. Live Well.

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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