



# Building Strong Families

2022

## IN PERRY 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

**11,523**

direct and

**3,406**

indirect contacts with  
individuals and families in  
Perry County.

### SPOTLIGHT: PERRY COUNTY

## Five complete their first 5K



According to Kentucky by the Numbers COVID-19 At-Risk Report, 47.5% of adults from Perry County are obese, 14.6% have diabetes, 46.3% have hypertension, and 32.8% report fair or poor health. People of all ages, especially those with underlying medical conditions are at higher risk for COVID-19 and severe illnesses. According to the Centers for Disease Control and Prevention, you can prevent chronic diseases by eating well and being physically active. To address this issue, the Perry County FCS agent, two other county agents, and the Mountain Comprehensive Health Corporation hosted a virtual 5K event to get community members physically active. Five people participated and completed their first ever 5K. After the event, all participants reported having met their goal.



## PERRY 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.

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



**156**

participants reported  
preparing more healthy  
homecooked meals



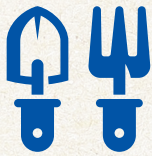
**629**

individuals  
made healthier  
eating choices



**1,660**

pints  
of food  
were preserved



**\$1,700**

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



**515**

participants had intentions  
to make lifestyle changes  
to improve their health



**19,615**

participants used  
access points that  
offered healthy foods

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**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)

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service