



# Building Strong Families

2022

## IN PIKE 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

**6,464**

direct and

**63,213**

indirect contacts with  
individuals and families in  
Pike County.

### SPOTLIGHT: PIKE COUNTY

## ‘Big Blue Goals’ increases physical activity, reduces spending



Each year, Family and Consumer Sciences agents and staff see an increased interest from clients in health-behavior choices around the new year. This year, to reach both current and new clientele with timely and research-based information, FCS Extension rolled out a new program just in time for January 2021: Big Blue Goals. The program was designed to allow for participation through an online platform (Goalify app). Participants received educational information about a variety of topics, organized under six challenges which included preparing meals at home, increasing physical activity, consuming fruits and vegetables, making sound financial decisions, living well, and improving relationship skills. In Pike County, a total of 29 individuals participated in this program, 88% of whom adopted new physical activity practices, and all reported having reduced expenses or managed money effectively.



## PIKE 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.

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



**522**

youths  
participated in local  
Extension programming



**\$248**

increase in sales  
because of  
Plate it Up!



**\$3,200**

saved as a result  
of FCS's Financial  
Education Program



**367**

adult  
volunteers



**200**

participants had intentions  
to make lifestyle changes  
to improve their health



**195**

participants  
reported gaining  
knowledge

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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.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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