



# Building Strong Families

2022

## IN POWELL 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

**3,960**

direct and

**33,432**

indirect contacts with  
individuals and families in  
Powell County.

### SPOTLIGHT: POWELL COUNTY

## Middle schoolers learn healthy cooking to combat obesity, diabetes



The prevalence of diabetes among Kentucky adults has increased from 6.5% in 2000 to 12.9% in 2017. Diabetes and obesity are chronic conditions of particular interest to the Appalachian region, where the obesity and diabetes rates are highest in the nation, according to the Centers for Disease Control and Prevention. In Powell County, 21% of adults have been diagnosed with diabetes, and 72% of adults are overweight. To help address this issue, the Powell County FCS Extension agent offered Cooking Matters to middle school youths and their families. This six-week series covers preparing healthy meals and making good food choices. In addition, we educated students on the importance of physical activity.



## POWELL 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.

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



**287**

youths  
participated in local  
Extension programming



**500**

demonstrated  
safe handling  
of food



**\$1,500**

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



**275**

recipe cards  
distributed throughout  
the community



**250**

participants  
adopted new  
physical activity practices



**2,200**

participants  
reported gaining  
knowledge

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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UKFCSExt**



INSTAGRAM  
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UKFCSExt**



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**UKFCSExt  
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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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