



# Building Strong Families

2022

## IN ROCKCASTLE 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

**2,558**

direct and

**8,329**

indirect contacts with  
individuals and families in  
Rockcastle County.

### SPOTLIGHT: ROCKCASTLE COUNTY

## Take-home packets help keep seniors active, healthy



During the pandemic, 20 people registered to receive information targeted to assist the older than 60 population. Every three weeks, we provided a packet of information for pick up at the Extension office. Each packet highlighted hands-on activities or practice activities related to the week's topic. The five topics included Positive Communication with your Family Members, A Look at Your Financial Situation, Physical and Mental Fitness, Maintaining Positive Attitudes, and Spiritual Vitality. After the program, all respondents reported that they read the publications in the packets, and 64% said that they had done the activities. The most useful topics were Physical and Mental Fitness and Maintaining Positive Attitudes.



## ROCKCASTLE 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.

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



**361**

youths  
participated in local  
Extension programming



**88**

demonstrated  
safe handling  
of food



**1,429**

pints  
of food  
were preserved



**49**

participants used  
access points that  
offered healthy foods



**305**

participants  
reported gaining  
knowledge

### Connect with us!



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**FCS.uky.edu**



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UKFCSExt**



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.podbean.com**



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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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