



Building Strong Families

2022

IN ROWAN 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

12,580

direct and

22,842

indirect contacts with
individuals and families in
Rowan County.

SPOTLIGHT: ROWAN COUNTY

Homemakers sew more than 4,000 masks



2020 offered an entire new look to volunteer work in Extension. Two Rowan County FCS Extension Homemakers used donated elastic, fabric, and thread to make masks for front-line workers, nursing homes, medical workers, friends, Homemakers, schoolchildren, sport teams, banks, and complete strangers in 12 states. They even sent to local government agencies including the mayor, judges, and the courthouse staff. They completed 4,066 masks during the pandemic using about 508 yards of fabric, 1,355 yards of elastic, 135 spools of thread, 10 needles, 75 to 85 envelopes or packages, 10 rotate cutter blades, 1 cutting mat, and several Band-Aids. The county judge executive recognized our Homemakers for a job well done in a time of need by sending official letters to each of them.

ROWAN 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.

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



200

individuals sought
support from local
community organizations



1,800

pints
of food
were preserved



\$2,000

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



1,100

volunteer hours were
reported by FCS Extension
program volunteers



1,000

participants made
lifestyle changes
to improve their health



585

participants
reported gaining
knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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