



Building Strong Families

2022

IN SIMPSON 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.

SPOTLIGHT: SIMPSON COUNTY

Big Blue Goals 2021



Annually, Family and Consumer Sciences agents and staff see increased interest from clients in health-behavior choices around the new year. This year, in an effort to reach both current and new clients, FCS Extension rolled out a new 10-week program called Big Blue Goals. Participants chose between an online platform that could be operated from a smartphone, computer, or tablet, or traditional paper format. They received regular information about a variety of topics such as preparing meals at home, increasing physical activity, consuming fruits and vegetables, making sound financial decisions, living well, and increased relationship skills. Participants were rewarded with incentive items for their efforts and for their continued participation. Statewide, 1,497 individuals participated resulting in 337,124 minutes of physical activity.

SIMPSON 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.

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



88

recipe cards
distributed throughout
the community



420

individuals
made healthier
eating choices



\$460

increase in sales
because of
Plate it Up!



2,700

volunteer hours were
reported by FCS Extension
program volunteers



852

individuals were more likely to buy fruits
or vegetables after receiving a Plate It Up!
recipe card or sampling a recipe



220

pounds
of venison
were donated

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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

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.



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