



# Building Strong Families

2022

## IN WARREN 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

**1,929**

direct and

**1,000,860**

indirect contacts with  
individuals and families in  
Warren County.

### SPOTLIGHT: WARREN COUNTY

## Educational content reaches 20,000 during the pandemic



Farm and Home Show is a five-minute television show that shares seasonal topics related to the farm and the home and is broadcast on WBKO to residents across South-Central Kentucky. Beginning in March, agents took on a new approach and role with the Farm and Home Show because of the pandemic. Agents learned how to use new equipment, Zoom for remote recording, editing software, and started filming more episodes in the media room at the Warren County Extension Office. The Warren County FCS Extension agent coordinated and scheduled agents and specialists to tape segments in advance so there was additional time for editing and to deliver finished shows to the station in a timely fashion. We produced, edited, and shared more than 70 educational shows with an approximate outreach of 20,000 or more.



## WARREN 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.

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



**55**

participants  
adopted new  
physical activity practices



**180**

pints  
of food  
were preserved



**80,000**

participants  
gained financial  
management knowledge



**142**

individuals  
made healthier  
eating choices



**64**

participants had intentions  
to make lifestyle changes  
to improve their health



**80,156**

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  
.podbean.com**



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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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