



Building Strong Families

2022

IN WASHINGTON 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

1,531

direct and

99,462

indirect contacts with
individuals and families in
Washington County.

SPOTLIGHT: WASHINGTON COUNTY

Wellness Day teaches teens self-care



The COVID-19 pandemic impacted many aspects of life, including the physical and mental well-being of the students in the Teen Leadership program within Washington County. Students experienced negative stress because of online school and lack of in-person social interaction. To address these issues and promote positive well-being, the Washington County FCS Extension agent, in partnership with the 4-H Youth Development agent and School Gifted and Talented coordinator, organized a Teen Leadership Wellness Day. The Teen Leadership program traditionally focuses on leadership development, career opportunities, and learning about the community. This was the first Wellness Day for the program that was focused on the students' well-being and self-care. After the program, participants reported understanding the importance of physical wellness and their ability to increase their wellness through exercise and good sleep.

WASHINGTON 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.

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



214

youths
participated in local
Extension programming



1,000

recipe cards
distributed throughout
the community



120

adult
volunteers



1,363

volunteer hours were
reported by FCS Extension
program volunteers



82

adults
were reached
through volunteers

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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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