



# Building Strong Families

2022

## IN WOODFORD COUNTY



**Elizabeth Coots**  
County Extension Agent,  
Family and Consumer  
Sciences Education

### 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

**672**

direct and

**10,175**

indirect contacts with  
individuals and families in  
Woodford County.

### SPOTLIGHT: WOODFORD COUNTY

## Program improves understanding of addiction



Substance use and substance use disorder (SUD) are pervasive public health problems in the United States, and specifically, in the state of Kentucky. In response to these growing problems, and in conjunction with the Kentucky Extension Homemakers Association (KEHA) leader training system, the Woodford County FCS Extension agents with the Fort Harrod Area Extension agents brought together community leaders and stakeholders to discuss the nature of the addiction crisis and to explore solutions. Panel discussions were offered to help participants better understand addiction, stigma, and available resources. A total of 27 participants attended; 96% of the participants indicated their understanding of substance use improved as a result of attending, and 92% reported they will definitely change their behavior by using destigmatizing language.



## WOODFORD 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.

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



**185**

individuals extended support to another parent, grandparent, or relative raising a child



**300**

pints of food were preserved



**250**

participants reported preparing more healthy homecooked meals



**125**

participants gained financial management knowledge



**175**

demonstrated safe handling of food



**491**

participants reported gaining knowledge

### Connect with us!



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**FCS.uky.edu**



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**UKFCSExt.podbean.com**



### Plate it Up!

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**PlateItUp.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**

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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