### KENTUCKY COUNTY PROFILES

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# Building Strong Families

### IN WOODFORD 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

672

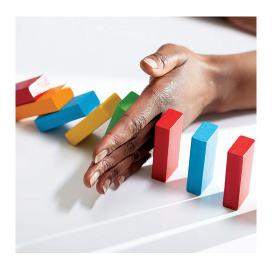
direct and

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



125

participants gained financial management knowledge



300

pints of food were preserved



175

demonstrated safe handling of food



250

participants reported preparing more healthy homecooked meals



491

participants reported gaining knowledge

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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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