

University of Kentucky

College of Agriculture, Food, & Environment

Family & Consumer Sciences Extension

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To Whom it May Concern,

The Cooperative Extension System is a non-credit educational service associated with every land-grant university across the United States. It is designed to bring research-based information to communities as a way to improve knowledge and strengthen individuals, families, and communities. In our branch of Extension, Family Consumer Sciences (FCS), we work with various funding agencies and community partners on a variety of projects that focus on maintaining healthy lifestyle choices, nurturing families, aging successfully, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders. With Extension offices and educators in every county, FCS Extension serves as a catalyst in community education and for change in healthy living. In 2019-20, FCS made 45,795,824 contacts with individuals and families across Kentucky.

At the state-level, Extension faculty and administrators rely heavily on the county agents to help identify need. In 2019, a statewide Extension needs assessment influenced FCS’s priority to offer programming that helps reduce the risk and lower the numbers of chronic disease. As a result of this effort, we developed a program called *Kick Kentucky Cancer* (KKC). KKC is an important component of oncology care.

KKC is a multisession program that teaches people how to better understand the disease and care for themselves and/or a loved one living with cancer. The lessons also help participants reduce anxiety often associated with the various aspects of the condition. Because lifestyle is a recognized determinant of cancer risk and an important consideration during treatment and survival, health/public education has become a significant component of cancer programming and has demonstrated effectiveness regarding positive lifestyle changes.

Led by trained county Extension educators, KKC includes five (5) one-hour lessons (in-person or virtual). Each lesson focuses on the different aspects of health related to cancer treatment and recovery. KKC aims to help participants (a) increase their basic understanding of cancer; (b) manage symptoms; (c) enhance mental health; (d) prepare for caregiving; and (e) feel more comfortable communicating with someone living with cancer.

We recognize that people trust their health-care providers and are often searching for additional resources. We are sharing this information and reaching out in hopes that you can refer people to local Extension offices across the state for additional support and education about cancer treatment, recovery, and care. We also feel this is an excellent opportunity for you to partner with Extension to host or offer programming to support cancer patients and survivors.

Please let me know if you have any questions. I look forward to working with you.

Sincerely,

Name

Title

Department/Unit/County Office

University of Kentucky