



# Building Strong Families

## IN BALLARD COUNTY

### 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.

### SPOTLIGHT: BALLARD COUNTY

## Learning about Diabetes



Diabetes costs Kentuckians approximately \$3.85 billion annually. According to recent data, more than 13.1 percent of Kentucky adults have been diagnosed with diabetes. Nutrition is the cornerstone of diabetes management. FCS Extension helps Kentuckians manage their own disease or that of a loved one through nutrition education. As a result of diabetes programming, 300 participants reported they used a diabetes-specific meal plan to manage carbohydrate intake and increase fruit and vegetable consumption. About 212 participants took part in at least 150 minutes of physical activity each week, and 258 individuals implemented at least three healthy eating practices to help address their weight. Diabetes programming is just one of many ways that FCS Extension is making an impact in our communities.



## BALLARD 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.

Ballard County's FCS Extension programming in 2018-2019 led to the following results.



**68**

youth gained  
a better understanding  
of substance abuse.



**419**

pints of food  
were preserved.



**5,148**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**263**

individuals made healthier  
eating choices.



**307**

participants reported  
gaining knowledge.

### Connect with us!



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### 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, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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