



Building Strong Families

IN BELL 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 2018-2019,
Family and
Consumer Sciences
Extension made

8,903

contacts with
individuals and
families in
Bell County.

SPOTLIGHT: BELL COUNTY

Learn, Laugh, and Craft



Kentucky's current population of seniors (65+) is 13.3 percent and growing each year. Bell County's FCS Extension agent partnered with Cumberland River Comp Care, Henderson Settlement, and Homemakers to conduct bimonthly lessons on keys to embracing aging through a program called Learn, Laugh, and Craft. This program focused on ways to manage your stress, the power of keeping a positive attitude, and being social. Thirty participants joined the series of lessons and hands-on activities. Of those participants, 90 percent now choose to appropriately manage stress, 80 percent indicated that they are taking at least 10 minutes for themselves every day, and all stated that they are actively engaging in social activities in the community.

BELL 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.

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



2,007

youth participated
in local Extension
programming.



294

individuals made healthier
eating choices.



433

participants reported
making positive
behavior changes.



150

program participants
demonstrated safe
food handling skills.



419

participants reported
gaining knowledge.

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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

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