



Building Strong Families

IN BOONE 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

11,511

contacts with
individuals and
families in
Boone County.

SPOTLIGHT: BOONE COUNTY

Money Talk



Americans age 50 and older may have not saved enough for their retirement years and about one-third will outlive their savings. Boone County's FCS Extension agent led Money Talk, a four-week program led by Extension personnel and professionals in the financial management, insurance, and legal fields. Twenty-one middle-aged to older males, females, and couples enrolled in the program. The Money Habitudes curriculum was also used to help individuals understand how their habits and attitudes affected their spending and saving. Credit reports, basic investing, estate planning, and insurance were all discussed during the four-week course. Of participants, 81 percent improved their knowledge and more than 60 percent took action in their finances. Half of the participants reported saving, and 25 percent reported investing more.

BOONE 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.

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



972

demonstrated safe
handling of food.



355

pints of food
were preserved.



499

adult volunteers.



342

participants reported
making lifestyle changes
to improve their health.



1,879

participants reported
gaining knowledge.

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
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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