



Building Strong Families

IN BRACKEN 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
8,217
contacts with
individuals and
families in
Bracken County.

SPOTLIGHT: BRACKEN COUNTY

#Adulting: What You Need to Know



The life of the high school senior is full of “adult” decisions: selecting a college, picking a major, choosing a career path, and moving out of their parents’ home. Although today’s adolescents are technologically advanced compared to prior generations, they sometimes lack basic practical living skills. Bracken County’s FCS Extension agent and 4-H Youth Development agents decided to offer Adulting 101 with the aid of community partners, teachers, and fellow agents. Classes focusing on sewing, money management, cooking, laundry, job interview skills, healthy relationships, and organization were offered along with basic first aid and vehicle maintenance. Eighty-two percent of the student participants said that the skills they learned would be beneficial to their lives after high school. Senior participants reported gaining confidence in vehicle maintenance, college preparation, and interviewing for a job.

BRACKEN 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.

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



5,128

youth participated
in local Extension
programming.



180

pints of food
were preserved.



3,417

volunteer hours were reported
by FCS Extension
program volunteers.



100

youth gained
a better understanding
of substance abuse.



532

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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