



# Building Strong Families

## IN CALLOWAY 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  
**1,985**  
contacts with  
individuals and  
families in  
Calloway County.

### SPOTLIGHT: CALLOWAY COUNTY

## Goal Setting/Vision Board Workshop



Growth mindset is an important quality for success. Calloway County's FCS Extension agent developed a program working with the AIMS Upward Bound program. A four-part workshop was developed for first generation college students. The workshop focused on tips for being successful in college and setting SMART goals. The participants learned how to set SMART goals and practiced techniques for mental clarity and mental wellness. Each participant then created a vision board for the goals they wanted to attain in key areas of their life. This program was an initial outcome with plans to follow these students throughout their college careers.



## CALLOWAY 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.

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



**581**

youth participated  
in local Extension  
programming.



**215**

individuals made healthier  
eating choices.



**450**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**420**

participants reported  
making positive  
behavior changes.



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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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