



Building Strong Families

IN CASEY 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.

OUR SUCCESS

In 2018-2019,
Family and
Consumer Sciences
Extension made

39,362

contacts with
individuals and
families in
Casey County.

SPOTLIGHT: CASEY COUNTY

P.A.W.S.



Casey County's FCS Extension's P.A.W.S. (Physical Activity with Soul) program just completed its first Activity Challenge. The program uses the bond between dogs and their owners as a positive motivation to encourage an increase in physical activity to improve overall health and well-being. Monthly activity challenges are part of the program to encourage positive, new, or additional physical activity experiences. Participants reported they would be adding more nature hikes to their physical activity by frequenting state, local, and national parks. They also reported a reduction in stress and an overall sense of well-being as a result of participating in the P.A.W.S. Activity Challenge. The program will continue to offer monthly activity challenges, trainings, and information, and to track positive lifestyle changes in the future.

KENTUCKY 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. Casey County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



265,288

youth participated
in local Extension
programming.



25,496

pints of food
were preserved.



\$114,057

increase in sales
due to Plate it Up
Kentucky Proud.



492,813

volunteer hours were reported
by FCS Extension
program volunteers.



16,478,089

miles were walked
by program participants.



71,525

participants reported
making positive
behavior changes.

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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

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