



Building Strong Families

IN JACKSON 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

4,860

contacts with
individuals and
families in
Jackson County.

SPOTLIGHT: JACKSON COUNTY

Better Choices for a Healthier You



Jackson County's FCS Extension partnered with the Tyner Family Resource Center to offer a program called Better Choices for a Healthier You. This six-week program was offered at Tyner Elementary School. The targeted audience was volunteer parents and several of the Tyner Elementary staff members. Participants enjoyed new recipes and set healthy goals including weight loss. Participants reported making healthy lifestyle changes because of this program. Parents and staff stated that they learned how to make healthier choices, incorporate more physical activity, and learned how to prepare new recipes for their children to enjoy.

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. Jackson 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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100 delicious, healthy recipes
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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

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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