



Building Strong Families

IN KNOTT COUNTY



Linda Combs
County Extension Agent,
Family and Consumer
Sciences Education

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
11,366
contacts with
individuals and
families in
Knott County.

SPOTLIGHT: KNOTT COUNTY

Exploring Our Kentucky Heritage



The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Across the state, County FCS Extension agents work closely with KEHA members and clubs to provide educational programming and coordinate community activities. To help train leaders in each county, the Knott County FCS Extension agent went to each county and presented Exploring Our Kentucky Heritage, a homemaker leadership program. Participants reported, “Being able to come, share, learn new information and make new friends has helped my attitude, sense of self-worth and depression. I am so grateful for extension programs.” This lesson helped members develop an overall understanding of the organization of Homemakers and how they can organize themselves on the local level.

KNOTT 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.

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



988

youth participated
in local Extension
programming.



3,814

individuals made healthier
eating choices.



743

pints of food
were preserved.



41,514

volunteer hours were reported
by FCS Extension
program volunteers.



4,012

lifestyles were improved
through a focus
on proper nutrition.



3,656

participants reported
making positive
behavior changes.

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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

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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