



# Building Strong Families

## IN LAUREL COUNTY



**Judi O' Bryan**  
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

**48,421**

contacts with  
individuals and  
families in  
Laurel County.

### SPOTLIGHT: LAUREL COUNTY

## Couch Potato Challenge



Studies have shown the importance of maintaining physical activity for a healthier life. Therefore, Laurel County's FCS Extension agent offered the Couch Potato Challenge program, which was designed for individuals who are not physically active regularly. Participants received weekly newsletters that encouraged walking and were able to participate in walking activities at a local park. As a direct result, participants reported that they increased their physical activity levels and that they are more aware of the benefits associated with being more physically active.



## LAUREL 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.

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



**2,600**

youth reached  
through volunteers.



**1,254**

individuals made healthier  
eating choices.



**466**

participants gained  
financial management  
knowledge.



**23,566**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**2,160**

miles were walked  
by program participants.



**610**

participants reported  
making positive  
behavior changes.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateItUp.ca.uky.edu**



### Listen. Learn. Live Well.

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](https://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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service