



Building Strong Families

IN LOGAN 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
3,544
contacts with
individuals and
families in
Logan County.

SPOTLIGHT: LOGAN COUNTY

Stand Up to Falling



Kentucky's current population of seniors (65+) is 13.3 percent. In 2012, more than 7,000 adults 65 years of age or older were hospitalized and approximately 27,000 older adults were treated for fall-related injuries in Kentucky hospitals. Fall prevention programs have the potential to save an estimated \$18,000 to \$21,000 in health-care costs per person, in cases involving fatality or hospitalization. To address this issue locally, Logan County's FCS Extension presented Stand Up To Falling at the Russellville Senior Center. Participants indicated that the program increased their understanding of how to prevent falls and strongly agreed that the program was informational. Participants also indicated that they will have regular vision checks, they will pay closer attention to medication management, and that they will increase exercise and physical activity.

LOGAN 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.

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



200

parents improved skills that will strengthen families.



601

individuals made healthier eating choices.



6,973

volunteer hours were reported by FCS Extension program volunteers.



984

volunteers reported actively practicing leadership skills.



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Download this and other county profiles at hes.uky.edu/StrongFamilies

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