



# Building Strong Families

## IN OWSLEY 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

**9,914**

contacts with  
individuals and  
families in  
Owsley County.

### SPOTLIGHT: OWSLEY COUNTY

## Tackling Your Laundry



Every 45 minutes, a poison control center in the U.S. receives a call about a child who has been exposed to laundry detergent chemicals. The Lee and Owsley counties FCS Extension agents travelled to eight counties to present Tackling Your Laundry. During the program, KEHA leaders discussed ways to create a safe laundry room to protect your families, matched laundry products to the right jobs, identified ways to remove common stains that tend to ruin garments, and differentiated between traditional and high-efficiency washing machines. Participants indicated that they had made changes to their laundry areas such as storing laundry products in a safe location, that they now wash their laundry on appropriate cycles and at the correct temperature to extend the wear of garments, and that they understand garment labels better and read them prior to laundering.



## OWSLEY 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.

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



**211**

participants improved skills that will strengthen families.



**517**

individuals made healthier eating choices.



**120**

participants gained financial management knowledge.



**287**

lifestyles were improved through a focus on proper nutrition.



**681**

participants reported gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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**Facebook.com/UKFCSExt**



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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**

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