



Building Strong Families

IN SCOTT COUNTY



Whitney Hilterbran
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

12,568

contacts with
individuals and
families in
Scott County.

SPOTLIGHT: SCOTT COUNTY

#Adulting Series Reaches At-risk Youth



A quarter of Scott County's population is younger than 18. It is important to invest in the well-being of this population since they will eventually become the future of our county. In partnership with the Department of Family and Juvenile Justice, Scott County's FCS Extension implemented #Adulting, a series of educational programs to help at-risk youth enrich their basic life skills. Topics included relationship skills, career exploration, basic finances, and simple cooking. Classes included group discussions, individual assessments, and hands-on skill application. Participants reported that the program was relevant to their current needs and that the content was easy for them to understand. Moreover, they have implemented behavior change as a result of attending the classes. Plans are in place to repeat the series in the fall for a new audience.

SCOTT 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.

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



748

youth gained
a better understanding
of substance abuse.



6,926

individuals made healthier
eating choices.



1,198

pints of food
were preserved.



35,714

volunteer hours were reported
by FCS Extension
program volunteers.



1,456

program participants
demonstrated safe
food handling skills.



4,024

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

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