



Building Strong Families

IN BREATHITT 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 2019-2020,
Family and
Consumer Sciences
Extension made
296,679
direct and indirect contacts
with individuals
and families in
Breathitt County.

SPOTLIGHT: BREATHITT COUNTY

Dining with Diabetes



According to the Kentucky Department for Public Health, one in seven Kentucky adults has been diagnosed with diabetes. Although community members may know the diagnosis of a loved one, learning how to manage this new lifestyle can be difficult. Providing programming on lifestyle changes is important for the overall physical and mental health of those diagnosed as diabetic. The Breathitt County Family and Consumer Sciences Extension agent in partnership with the Breathitt County Diabetes Coalition hosted the National Dining with Diabetes program. This program featured four separate classes. Each class focused on one aspect of managing diabetes and healthy nutrition. Classes also taught participants to prepare diabetic-friendly foods and recipes that could be incorporated into a healthy diet. Three months after the program, participants reported still incorporating the information they learned from the class.

BREATHITT 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.

Breathitt County's FCS Extension programming in 2019-2020 led to the following results.



1,879

youths participated in local
Extension programming



731

individuals made healthier
eating choices



4,269

pints of food
were preserved



\$3,800

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



793

participants reported
making positive
behavior changes



431

participants reported
gaining knowledge

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University of Kentucky Family and
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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, FY2020
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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