



# Building Strong Families

## IN CARROLL 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  
**92,047**  
direct and indirect contacts  
with individuals  
and families in  
Carroll County.

### SPOTLIGHT: CARROLL COUNTY

## SuperStar Chef



The obesity rate in the state of Kentucky is in the top 3% for our nation. In Carroll County, the obesity rate for high school students is 20.2%. When they are in the SuperStar Chef program, participants learn how to prepare healthier foods, learn why they should decrease their intake of sugary drinks, increase their activity level, and learn to plan healthy meals. After participating in the SuperStar Chef program, all respondents (100%) reported that they can identify healthy foods, and that they plan to drink more water every day, drink less soda, be more physically active, eat more fruits, and eat more vegetables.



## CARROLL 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.

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



**254**

youths participated in local  
Extension programming



**278**

individuals made healthier  
eating choices



**125**

pints of food  
were preserved



**735**

volunteer hours were reported  
by FCS Extension program  
volunteers



**319**

participants reported  
gaining knowledge



**507**

participants reported  
making positive  
behavior changes

### Connect with us!



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**FCS.uky.edu**



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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, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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