



Building Strong Families

IN HARLAN 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 **8,527** direct and indirect contacts with individuals and families in Harlan County.

SPOTLIGHT: HARLAN COUNTY

Fit Blue Kentucky focuses on healthy behaviors



Low levels of physical activity, unhealthy nutrition, and poor mental health are all determinants of several chronic diseases. They are now considered major public health concerns and require effective behavior change interventions. Fit Blue is a community-based campaign to increase physical activity and health awareness in the Commonwealth of Kentucky. The smartphone-based application (FitBlueKY) is a four-week walking challenge focused on increasing a participant's participation in regular physical activity, choosing a nutritious diet, and improving health outcomes. As an innovative strategy to improve and increase movement with Harlan County residents, the Family and Consumer Sciences agent implemented a Fit Blue Challenge. Participants focus on improving health behaviors by increasing physical activity and eating nutritious meals. About 73% of participants reported now being aware of the benefits of regular physical activity.

HARLAN 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.

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



1,239

volunteer hours were reported
by FCS Extension program
volunteers



933

individuals made healthier
eating choices



1,186

pints of food
were preserved



1,372

participants reported
making positive
behavior changes



591

participants reported
gaining knowledge

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Plate it Up!

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Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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