



Building Strong Families

IN HARRISON COUNTY

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

16,444

direct and indirect contacts
with individuals
and families in
Harrison County.

SPOTLIGHT: HARRISON COUNTY

A healthier lifestyle in addiction recovery



Nutrition has a positive effect on the rate and quality of physical recovery. This prepares individuals to function at a higher level in treatment. The position of the American Dietetic Association points out attention to food and nutrition intake behaviors will help the overall goal of quality sobriety and relapse prevention. To assist in the successful recovery for addiction through a healthier diet, the Harrison County Extension Service's Nutrition Education Program assistant for the Supplemental Nutrition Assistant Program partnered with My Turning Point Recovery. We offered the patients the eight-week Healthy Choices for Every Body series. During the education series, participants learned the importance of a healthy diet, physical activity, and less sugar intake.

HARRISON 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.

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



557

youths participated in local
Extension programming



471

adult volunteers



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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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