



# Building Strong Families

## IN LETCHER 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  
**448,790**  
direct and indirect contacts  
with individuals  
and families in  
Letcher County.

### SPOTLIGHT: LETCHER COUNTY

## Quilt as You Go brings community together



Letcher County is a rural, hilly county with no major interstates. The population of Letcher County declined 10.7% between 2010 and 2018 with 19.5% of the population aged 65 years or older. Adults in Letcher County exceed the state average for lack of physical activity, obesity, smoking, poor nutrition, physically unhealthy days, and mentally unhealthy days, according to Kentucky Health Facts.org. Isolation and loneliness can jeopardize health and the "effects can be worse than that of obesity and smoking." The Letcher County Extension office began offering monthly quilt and sewing activities titled Quilt as You Go. The sewing technique was new, and a new Master Clothing Volunteer assisted in teaching. About 20% of the participants were new to Extension programs. They learned about the program via Facebook, newsletters, and through friends.



## LETCHER 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.

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



**340**

youths participated in local  
Extension programming



**2,291**

individuals made healthier  
eating choices



**240**

pints of food  
were preserved



**1,275**

volunteer hours were reported  
by FCS Extension program  
volunteers



**624**

participants used  
food labels to make  
healthy food choices



**2,632**

participants reported  
making positive  
behavior changes

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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**Facebook.com/  
UKFCSExt**



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UKFCSExt**



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.podbean.com**



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### 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, FY2020  
Download this and other county profiles at **hes.uky.edu/StrongFamilies**

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