



Building Strong Families

IN PIKE COUNTY



Leslie Workman
County Extension Agent,
Family and Consumer
Sciences Education

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

43,749

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

SPOTLIGHT: PIKE COUNTY

Diabetes cooking social educates and entertains



All of Appalachia has health disparities, including chronic diseases of all kinds, obesity, and diabetes. In a creative effort to combat those, the Pike County Family and Consumer Sciences Extension agent worked with Pikeville Medical Center and the Pike County Health Department to deliver the Dining with Diabetes curriculum. The program included an interactive educational lesson followed by hands-on food preparation in small group settings. Participants prepared healthy carb-friendly options, vegetable dishes, and one-pot meals while also working on social skills and cooking in a small group setting. In addition to the Dining with Diabetes curriculum recipes, every class meeting featured preparation of a USDA SNAP recipe, in addition to learning portion control, shopping and storage, proper preparation, knife skills, food safety, working together, and many other essential skills with trained Extension staff and volunteers.

PIKE 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.

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



2,646

youths participated in local
Extension programming



527

participants used
access points that offered
healthy foods



\$3,600

increase in sales
because of Plate it Up!



1,760

volunteer hours were reported
by FCS Extension program
volunteers



806

pints of food
were preserved



999

participants reported
making positive
behavior changes

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu



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

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service