



Building Strong Families

IN RUSSELL 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
405,347
direct and indirect contacts
with individuals
and families in
Russell County.

SPOTLIGHT: RUSSELL COUNTY

Virtual 5K in May draws 600 participants



Low levels of physical activity, unhealthy nutrition, and poor mental health are all determinants of several chronic diseases. FitBlueKY, a smartphone-based application, is a four-week walking challenge focused on increasing participants' participation in regular physical activity, choosing a nutritious diet, and improving health outcomes for Kentucky citizens. As an innovative strategy to improve mental health and increase movement, the Family and Consumer Sciences Cooperative Extension implemented the "5K in May," the goal being to finish a virtual 5K race at the end of the month. More than 600 Kentuckians registered for the challenge, with 32 participants crossing that 5K finish line for the first time.

RUSSELL 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.

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



7,865

youths participated in local
Extension programming



873

adult volunteers



662

volunteer hours were reported
by FCS Extension program
volunteers



Get FitBlue!

Get physical activity
and meal ideas, track
your movement and eating,
and improve your health!

**Download the app
on the Apple App Store
or Google Play.**



Plate it Up!

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

PlateltUp.ca.uky.edu



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Consumer Sciences Extension brings
you a podcast focusing on nutrition,
health, resource management, and more.
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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.



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