



# Building Strong Families

## IN SCOTT 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  
**8,597**  
direct and indirect contacts  
with individuals  
and families in  
Scott County.

### SPOTLIGHT: SCOTT 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.



## SCOTT COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

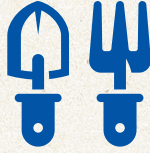
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

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



**4,607**

youths participated in local  
Extension programming



**84**

local families  
grew a garden this year



**\$346**

in EBT, WIC, or senior benefits  
were redeemed  
at farmers' markets



**108**

adult 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.

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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**.

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