



Building Strong Families

IN TRIGG 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
49,603
direct and indirect contacts
with individuals
and families in
Trigg County.

SPOTLIGHT: TRIGG COUNTY

Cook Together, Eat Together



Trigg County is a rural county in Western Kentucky that has its share of health-related issues. Statistics show that 38% of the Trigg community lack physical activity and 77% are overweight. The Trigg County Family and Consumer Sciences Extension agent and the Trigg County Early Childhood Council offered the Cook Together, Eat Together curriculum. The series consisted of six classes that included the Cook Together, Eat Together program, Healthy Choices for Every Body program, and learning sessions for the children. As a result of the programs, all participants stated that they ate more healthy foods and were preparing more healthy meals at home. Participants also reported that they had adopted one or more of the practices taught through the class.

TRIGG COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

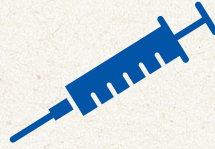
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

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



436

youths participated in local
Extension programming



150

participants implemented
personal health
protection practices



728

adult volunteers



1,161

volunteer hours were reported
by FCS Extension program
volunteers



371

lifestyles were improved
through a focus
on proper nutrition



374

participants reported
making positive
behavior changes

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University of Kentucky Family and
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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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