



2022

# Building Strong Families

## IN GRANT 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 2020-2021, Family and Consumer Sciences Extension made **1,666** direct and **11,716** indirect contacts with individuals and families in Grant County.

### SPOTLIGHT: GRANT COUNTY

## Bringing laughter and happiness in uncertain times



The COVID-19 pandemic has greatly affected our communities. The pandemic has brought new challenges and struggles, including an increase in overall mental health issues such as anxiety and depression. With this in mind, the Grant and Boone County FCS Extension Offices teamed up to offer Laughter, Motivation, and a Blueprint to Happiness. This two-part class focused not only on motivation and laughter, but also on how to build happiness around you. Participants learned about the benefits of laughter, the power of positivity, how to motivate themselves and others, recognizing strengths in themselves and others, and five strategies to building a happier life. After the program, 85% of participants reported actively trying to replace negative thinking habits with positive ones.

## GRANT 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.

Grant County's FCS Extension programming in 2020-2021 led to the following results.



**410**

youths  
participated in local  
Extension programming



**44**

adult  
volunteers



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### 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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PODCAST  
**UKFCSExt.podbean.com**

Source: Kentucky Cooperative Extension Reporting, FY2021  
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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