



Building Strong Families

IN BRECKINRIDGE COUNTY



Lynnette Allen
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 2018-2019,
Family and
Consumer Sciences
Extension made
14,934
contacts with
individuals and
families in
Breckinridge County.

SPOTLIGHT: BRECKINRIDGE COUNTY

Healthy Eating Through LEAP



Childhood obesity continues to be a concern in Breckinridge County with reports of an increase in the number of youth with diabetes or pre-diabetes and high blood pressure. In an effort to address these health issues, Breckinridge County's FCS Extension agent and Head Start program partnered to provide the LEAP (Literacy, Eating and Activity for Primary youth) for Health program. The children are read a story and engage in active listening to answer questions about nutrition and physical activity. They also participate in hands-on learning activities. Teachers report that students are more willing to try new foods because of the program. LEAP encourages the development of healthy eating habits and physical activities at a young age — habits that can lead to a healthier life for years to come.

BRECKINRIDGE 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.

Breckinridge County's FCS Extension programming in 2018-2019 led to the following results.



1,134

youth participated
in local Extension
programming.



325

participants reported
improved knowledge
in food preparation.



18,639

volunteer hours were reported
by FCS Extension
program volunteers.



11,136

miles were walked
by program participants.



1,219

participants reported
gaining knowledge.

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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, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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