



Building Strong Families

IN CLINTON 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 2018-2019,
Family and
Consumer Sciences
Extension made
12,302
contacts with
individuals and
families in
Clinton County.

SPOTLIGHT: CLINTON COUNTY

Physical Activity and Quality Family Time



Physical inactivity is a contributing factor to the 40.1 percent adult obesity rate in Clinton County. For that reason, Clinton County's FCS Extension agent organized a Pumpkin Walk event to create an awareness of physical activity opportunities available in the community and to encourage families to get moving. Families were able to bounce on inflatables and access the new playground and swimming pool at the Wellness Center as they completed their loop. Families participated in simple fun activities together as they visited community resource booths. Parents appreciated the idea of walking and talking together and learning ways to incorporate physical activity at home. Greater awareness of resources and infrastructure available in the community will encourage families to make movement a regular part of their routines.

CLINTON 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.

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



2,823

youth participated
in local Extension
programming.



3,618

lifestyles were improved
through a focus
on proper nutrition.



\$500

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



1,689

participants utilized
access points that offered
healthy foods.



1,041

participants demonstrated
spending time
in physical activity.



2,682

participants reported
making positive
behavior changes.

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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**.

Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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