



# Building Strong Families

## IN HICKMAN 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

**5,962**

contacts with  
individuals and  
families in  
Hickman County.

### SPOTLIGHT: HICKMAN COUNTY

## Born Learning in Hickman County



Quality early learning experiences for all children are a key driver of school readiness, vital to improving high school graduation rates, and critical to a community's economic success. A child's early years, from birth until school age, are a unique period of growth and development. Hickman County's FCS Extension collaborated with the Hickman County Board of Education, Hickman County Family Resource Center, and Nutrition Education Program Assistant to reach parents of children ages infant through 5 about school readiness, child development, and nutrition through Born Learning Academy at Hickman County Schools. Families met for six sessions. Participants reported that they learned 10 or more strategies around building routines and learning, reading together at home, building language opportunities, understanding sleep and nutrition needs, and practicing social skills.



## HICKMAN 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.

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



**403**

youth reached  
through volunteers.



**462**

individuals made healthier  
eating choices.



**\$3,000**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**423**

participants reported  
making positive  
behavior changes.



**434**

participants improved  
skills that will  
strengthen families.



**1,104**

participants reported  
gaining knowledge.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateltUp.ca.uky.edu**



### 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**.

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

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