



# Building Strong Families

## IN HOPKINS 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  
**5,947**  
contacts with  
individuals and  
families in  
Hopkins County.

### SPOTLIGHT: HOPKINS COUNTY

## BodyWalk Event Teaches Students to Make Healthy Choices



The younger that children establish healthy routines, the more likely they are to retain these health patterns into adulthood. According to CDC statistics, Hopkins County has a higher prevalence of obesity (34 percent) and lack of exercise (34 percent) than the state average. Hopkins County's FCS Extension agent coordinated the annual BodyWalk. A total of 546 student participants took a "tour" of the human body and learned ways they can care for their bodies by making good choices. Students reported learning healthy behavior modification, practicing more consistent handwashing, wearing a helmet more often, or using a seat belt in a situation where they would not have in the past. Teachers reported the event as aligning with health standards and as beneficial to their students.



## HOPKINS 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.

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



**893**

program participants practiced effective parenting skills.



**1,715**

individuals made healthier eating choices.



**566**

participants reduced costs associated with new home practices.



**1,043**

participants accessed community resources.



**1,745**

participants improved skills that will strengthen families.



**3,433**

participants reported making positive behavior changes.

### Connect with us!



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**FCS.uky.edu**



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**UKFCSExt.podbean.com**



### Plate it Up!

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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**.

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

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