



# Building Strong Families

## IN OHIO COUNTY

### 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  
**13,808**  
contacts with  
individuals and  
families in  
Ohio County.

### SPOTLIGHT: OHIO COUNTY

## Improving Lifestyles



Increasing physical activity and healthy eating habits for youth and adults, are the most important factors for improving health in Ohio County. Longest Day of Play, an annual event in Ohio County, is a cooperative effort of the Ohio County Schools, Ohio County Healthcare, Ohio County's FCS Extension, Wal-Mart, Perdue Farms, and the Ohio County Early Childhood Council. More than 100 volunteers made it possible for 1,530 youth and adults to participate in 50 activity stations. These activities were designed to be low cost or homemade activities which families could re-create at home, while providing physical fitness for improved health. Following the program, participants indicated increased physical activities which has included activities they learned at Longest Day of Play.



## OHIO 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.

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



**6,582**

youth participated  
in local Extension  
programming.



**5,749**

individuals made healthier  
eating choices.



**\$250**

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



**333**

participants utilized  
access points that offered  
healthy foods.



**948**

demonstrated safe  
handling of food.



**4,651**

participants reported  
making positive  
behavior changes.

### Connect with us!



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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](https://hes.uky.edu/StrongFamilies)

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