

**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

# Building Strong Families



**Jill Harris** 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

> **7,710** contacts with individuals and families in Todd County.

### SPOTLIGHT: TODD COUNTY

# **Community Baby Shower** Leads to Improved Health



New or expectant mothers in Todd County reported an increase in knowledge and skills that will help them adopt healthier lifestyles for themselves and their babies. Prenatal care is critical to healthy births, yet Todd County ranks one of the lowest in the state for women who seek prenatal care in their first trimester. To help address this need, the Todd County FCS Extension agent collaborated with representatives from six other community agencies to sponsor our 22nd Community Baby Shower, an educational program to help new or expectant mothers understand the importance of prenatal care, wellchild care, and to know what community resources are available to them. To date, approximately 925 new mothers and their guests have been educated at the Community Baby Shower, in an effort to improve the health of Todd County's children, families, and communities.

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



474 youth reached through volunteers.



participants gained financial management knowledge.



**340** participants demonstrated spending time in physical activity.



**1,065** participants reported gaining knowledge.





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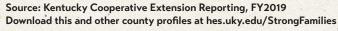


participants improved skills that will

strengthen families.

## 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**.



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