



Building Strong Families

IN BATH 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 2019-2020,
Family and
Consumer Sciences
Extension made
217,258
direct and indirect contacts
with individuals
and families in
Bath County.

SPOTLIGHT: BATH COUNTY

Programs fine tune financial fitness



The Bath County Extension Council identified the need for financial literacy programs. More than 60% of Americans have no savings for emergencies such as a \$1,000 emergency room visit, Bankrate.com reports. The Family and Consumer Sciences Extension agent hosted a series of programs that identified different aspects of financial education. Programs explored savings versus investing, developing a spending plan, and evaluating the process, and used The Good Credit Game and Money Habitudes programming. The variety of learning tools allowed participants to learn in multiple ways based on their needs. Over the course of the series, several members adopted one or more methods for saving money, monitoring their spending, and looking into different types of banking options.

BATH 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.

Bath County's FCS Extension programming in 2019-2020 led to the following results.



2,088

youths participated in local
Extension programming



3,300

individuals made healthier
eating choices



\$800

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



1,300

volunteer hours were reported
by FCS Extension program
volunteers



2,915

participants reported
making positive
behavior changes



2,315

participants reported
gaining knowledge

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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, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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