



Building Strong Families

IN CHRISTIAN 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

21,381

direct and indirect contacts
with individuals
and families in
Christian County.

SPOTLIGHT: CHRISTIAN COUNTY

Framing a foundation for a fit financial future



During the 2019 Kentucky Extension Community Assessment for Christian County, community members identified important community issues. Those issues included youth life skills training, better family skills in reducing debt, increasing savings, and financial planning. In order to address these issues, the Christian County agent for Family and Consumer Sciences met with the Money Sense planning committee to develop the Money Sense for Graduates (MSFG) program. The MSFG program provides financial education to graduating high school seniors throughout the county. A total of 596 high school seniors from all public and private schools in the county attended the program. After the program, participants and school administration reported an abundance of positive feedback. Because of COVID-19, the agent explored virtual methods in case social distancing is needed throughout the year.

CHRISTIAN 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.

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



1,922

youths participated in local
Extension programming



3,000

individuals made healthier
eating choices



846

participants gained
financial management
knowledge



11,000

volunteer hours were reported
by FCS Extension program
volunteers



500

participants made lifestyle
changes to improve their health



4,024

participants reported
making positive
behavior changes

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you a podcast focusing on nutrition,
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Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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