



# Building Strong Families

## IN FULTON 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

**5,140**

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

### SPOTLIGHT: FULTON COUNTY

## Banana Festival Health Fair provides access to health care



Accessing health-care services is critical to being healthy, but in rural western Kentucky, residents face a variety of access barriers. According to Healthy People 2020, access to health care is important for overall physical, social, and mental health status, prevention of disease, detection and treatment of illnesses, quality of life, preventable death, and life expectancy. The Family and Consumer Sciences agent in Fulton County has been in charge of the Banana Festival Health Fair for the past five years. Throughout the two-hour event, participants visit various booths where they can get health screenings for their eyes, cholesterol, blood pressure, blood oxygen, and flu shots at no cost. Participants receive information on various health topics as well. The event has been consistently well-attended.



## FULTON 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.

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



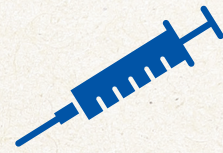
**3,520**

youths participated in local  
Extension programming



**683**

individuals made healthier  
eating choices



**98**

participants implemented  
personal health  
protection practices



**906**

participants reported  
making positive  
behavior changes



**366**

lifestyles were improved  
through a focus  
on proper nutrition



**212**

participants reported  
gaining knowledge

### Connect with us!



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Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
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Source: Kentucky Cooperative Extension Reporting, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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