



Building Strong Families

2022

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 2020-2021,
Family and Consumer
Sciences Extension made

1,750

direct and

139,846

indirect contacts with
individuals and families in
Bath County.

SPOTLIGHT: BATH COUNTY

Early childhood programs prepare kids for kindergarten



For the 2020-2021 program year, most citizens of Bath County were still sheltering in place with 7% of residents being under the age of 5. Kindergarten readiness is reported to be at 30%, so the Bath County FCS Extension agent partnered with the Preschool Advisory Council to offer Stories, Songs, and Stretches virtually to students in Bath and Menifee counties. The recorded videos featured meditation, yoga poses, stories, and other activities. We invited families to pick up learning materials to go along with the weekly lessons. The materials included manipulatives such as busy books, literacy books, and other activities that center on learning. The program reached more than 100 views per video with half of the families participating in two of the four sessions.

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 2020-2021 led to the following results.



116

youths
participated in local
Extension programming



310

individuals
made healthier
eating choices



\$300

increase in sales
because of
Plate it Up!



1,500

volunteer hours were
reported by FCS Extension
program volunteers



265

participants had intentions
to make lifestyle changes
to improve their health



70

participants
reported gaining
knowledge

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University of Kentucky Family and
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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, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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