



Building Strong Families

2022

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 2020-2021,
Family and Consumer
Sciences Extension made

5,124

direct and

2,832

indirect contacts with
individuals and families in
Christian County.

SPOTLIGHT: CHRISTIAN COUNTY

World's Greatest Baby Shower continues despite pandemic



Early and regular prenatal and infant care is vital for healthy babies. The U.S. Census Bureau reports that 22.1% of people are living in poverty in Christian County. For these individuals, the lack of income results in inadequate access to health care and resources. To address this issue, the Christian County FCS Extension Office partnered with Sanctuary Inc., Christian County Public Schools Family and Youth Resource Centers, and the Christian County Health Department to hold a two-part Virtual/Drive-Thru World's Greatest Baby Shower event. We held this free virtual program on Zoom for local expectant mothers or mothers of a child younger than 1. The program covered topics such as prenatal nutrition, newborn nutrition, safe sleep, breastfeeding and latch, among many others. Nineteen expectant mothers participated, and all found the information useful.

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 2020-2021 led to the following results.



2,318

youths
participated in local
Extension programming



\$1,551

increase in sales
because of
Plate it Up!



150

participants
made a sound
financial decision



185

volunteer hours were
reported by FCS Extension
program volunteers



756

program participants
increased their
physical activity



218

participants
gained financial
management knowledge

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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**.

Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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