



# Building Strong Families

2022

## 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 2020-2021,  
Family and Consumer  
Sciences Extension made

**2,531**

direct and

**3,334**

indirect contacts with  
individuals and families in  
Fulton County.

### SPOTLIGHT: FULTON COUNTY

## ‘Laugh and Learn’ to-go kits help young children



According to the Kentucky Department of Education, “School readiness means that each child enters school ready to engage in and benefit from early learning experiences that best promote the child’s success.” COVID-19 made it difficult for kids to become school ready. To help address this issue during the pandemic, the Fulton County FCS Extension agent offered Laugh and Learn to-go kits to children ages 2 through 5 to reinforce positive child development. More than 180 kits were given out, and each contained resources that focused on literacy and better nutrition. Science, math, art, music, and physical activities were included. We shared additional information that correlated with that month’s kit on a Facebook page, and parents were provided with additional literature to encourage reinforcement of the concepts at home.



## 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 2020-2021 led to the following results.



**861**

youths  
participated in local  
Extension programming



**85**

individuals  
made healthier  
eating choices



**69**

participants had intentions  
to make lifestyle changes  
to improve their health



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Available on Apple Podcasts, Google  
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Source: Kentucky Cooperative Extension Reporting, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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