



Building Strong Families

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 2018-2019, Family and Consumer Sciences Extension made **3,226** contacts with individuals and families in Bath County.

SPOTLIGHT: BATH COUNTY

Dad's Night Out



In 2016, an estimated 13 percent of children in Kentucky had an incarcerated parent, nearly double the national average. More than half of those parents were men. Bath County's FCS Extension agent partnered with Gateway Health, the Family and Youth Resource Center directors at Bath County Schools, and Bath County Memorial Library to host Dad's Night Out. This program, while primarily for dads, allowed all caregivers a night out with their youth. Participants prepared a nutritious meal together, discovered activities that concentrate on MyPlate nutrition, and discussed daily nutrition requirements for each age group. Caregivers were also taught how to teach finances to their youth. As a result of the program, 60 percent of participants incorporated daily reading time, 50 percent follow MyPlate for dinner suggestions, and 30 percent of students and parents have started a new savings goal.

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 2018-2019 led to the following results.



760

youth participated in local Extension programming.



830

individuals made healthier eating choices.



\$200

increase in sales due to Plate it Up Kentucky Proud.



474

participants reported making positive behavior changes.



500

miles were walked by program participants.



837

participants reported gaining knowledge.

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Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

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Listen. Learn. Live Well.

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, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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