



Building Strong Families

IN BOYD 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

6,046

contacts with
individuals and
families in
Boyd County.

SPOTLIGHT: BOYD COUNTY

Stories, Songs, and Stretches!®



Stories, Songs, and Stretches!® is a start-up dedicated to enhancing early learning through embodied play. This program intentionally weaves together books, songs, mindfulness, and yoga-inspired movement to create joyful play experiences that engage the whole child – body, heart, and mind. The youth learned to calm themselves and focus on their breathing while stretching and pretending to be trees and animals in the forest. The youth were very involved and were eager to begin each class. By the last class, at least 50 percent of the youth could repeat the songs and activities from the first session. The teachers stated that some of the students that they normally found to be jittery in class appeared to be more focused during the class and afterward during regular classroom activities.

BOYD 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.

Boyd County's FCS Extension programming in 2018-2019 led to the following results.



896

youth gained
a better understanding
of substance abuse.



3,858

individuals made healthier
eating choices.



400

pints of food
were preserved.



4,476

volunteer hours were reported
by FCS Extension
program volunteers.



1,490

demonstrated safe
handling of food.



5,590

participants reported
gaining 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, 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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