



# Building Strong Families

## IN CHRISTIAN COUNTY



**Tiffany Bolinger**  
County Extension Agent,  
Family and Consumer  
Sciences Education

### 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  
**14,268**  
contacts with  
individuals and  
families in  
Christian County.

### SPOTLIGHT: CHRISTIAN COUNTY

## Keys to Embracing Aging



Nutritious foods help maintain a healthy body and protect against various illnesses, disorders, and chronic diseases. The good news is that it is never too late to start eating well; smart, nutritious eating contributes to health and well-being at any age. Christian County's FCS Extension agent presented Keys to Embracing Aging: Physical Activity. Participants learned that physical activity can help with mental health, that there are four main types of physical activity, and that 150 minutes per week is recommended. Participants reported improved understanding regarding the impact that physical activity has on overall health and reported intentions to implement at least one strategy to improve their physical fitness.



## 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 2018-2019 led to the following results.



**1,500**

parents improved skills that will strengthen families.



**386**

individuals made healthier eating choices.



**100**

participants made a sound financial decision.



**1,350**

volunteer hours were reported by FCS Extension program volunteers.



**570**

participants reported making lifestyle changes to improve their health.



**1,043**

participants reported making positive behavior changes.

### Connect with us!



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**FCS.uky.edu**



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**UKFCSExt.podbean.com**



### Plate it Up!

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

**PlateItUp.ca.uky.edu**



### 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**

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