



Building Strong Families

IN CLAY COUNTY



Lora Lee Howard
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

9,317

contacts with
individuals and
families in
Clay County.

SPOTLIGHT: CLAY COUNTY

Walking for Life



Clay County is a small rural county in Eastern Kentucky. Families are encouraged to make choices to improve health and well-being, participate in physical activity, and prevent chronic disease. Learning and practicing healthy choices at a young age can impact the quality and years of life. The Clay County's FCS Extension agent presented the Walking for Life Program, a three-month program with biweekly calendars and 10 Small Steps to Health and Wealth publications. Participants reported now walking for 45 minutes, feeling better, and having improved their blood pressure and cholesterol as a result of the program.

CLAY 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.

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



463

youth participated
in local Extension
programming.



428

individuals made healthier
eating choices.



256

participants made a sound
financial decision.



374

participants identified
healthy ways to improve
their homes and communities.



275

lifestyles were improved
through a focus
on proper nutrition.



618

participants reported
making positive
behavior changes.

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at **hes.uky.edu/StrongFamilies**

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