



# Building Strong Families

## IN JESSAMINE 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  
**4,586**  
contacts with  
individuals and  
families in  
Jessamine County.

### SPOTLIGHT: JESSAMINE COUNTY

## What's in a Doctor's Bag



Jessamine County's FCS Extension office presented What's in a Doctor's Bag to students at Jessamine County Head Start. The purpose of this program was to make students more aware of what to expect when going to the doctor, to decrease the students' fear of going to the doctor while emphasizing the importance of doctor visits. Topics included doctor instruments and their uses, germs and how to prevent them, and shots and why they are sometimes necessary. The lessons were taught through storybooks, songs, germ models, plush instrument toys, and real medical instruments. To celebrate the conclusion of this program, a White Coat Ceremony was held for the students and their family members. Even after the ceremony, the raves about the program continues.



## JESSAMINE 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.

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



**2,884**

youth participated  
in local Extension  
programming.



**155**

local families grew  
a garden this year.



**7,600**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**131**

participants reported  
gaining knowledge.



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Source: Kentucky Cooperative Extension Reporting, FY2019  
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