

SRPLN FCS State Report 2009

Reporting Institution: University of Kentucky

Program Highlights of Current year:

Featured Programs for FY08-09:

LEAP – Literacy, Eating, and Activity for Primary. The program, a partnership with FCS Extension, Department of Education, and the Kentucky Department of Health, includes 22 age appropriate books with facilitators' guides to encourage children to read and to make healthy lifestyle choices. 15, 350 primary students participated in the program. 88% of the participants sampled healthy food choices. 63% demonstrated proper hand washing skills and 77% increased physical activity. The program has been requested and is being introduced in Oregon, Virginia, and the Florida Seminole Reservation next year.

Small Steps to Health and Wealth. The program is designed to encourage participants to make small, consistent changes in health and financial management skills in order to build habits for future. 2,228 adults participated in the project statewide. 35% of participants tracked their eating and/or spending habits. 41% selected a strategy to change behavior as a result of participating in the sessions.

Weight the Reality Series. The program is a multi-session series that encourages participants to take action to maintain a healthy weight. 1,708 people participated in 58 counties. 39% of the participants lost 5% of their initial body weight. Of those participating year before last (2,048), 248 people reported maintaining weight loss and 132 people reported continuation of weight loss after the program ended. A second aspect of the program was piloted this year that focused on body image and weight management. Program evaluation data will be collected next year.

Personnel Update:

One faculty Extension specialist and one non-faculty Extension specialist have retired. Due to state budget cuts their positions have not been filled. Six Extension Associates have been hired with grant funds. On the county level, funding has increased to allow a hiring freeze to be lifted. As a result fifteen of the twenty FCS Extension Agent vacancies have been filled in the last year. Three of the remaining positions have been advertised.

Budget Update:

State funding has decreased in the last two years through recurring budget cuts of 4-6%. There have been hiring freezes and moratorium on raises during this time.

New or Unique Collaborations and/or Funding Sources:



In 2008, 70 of 120 counties participated and over 10,000 Kentuckians attended the Second Sunday (2S) Celebration. 2S KY was a unique opportunity to raise awareness of the need for physical activity in the daily lives of all Kentuckians. This initiative challenged county coalitions to organize and implement plans to close a roadway or provide other group physical activities on the second Sunday of October. This year the project planned for Oct. 11, 2009 has expanded to include partnerships with the Kentucky Judge Executives and Magistrates Association, UK Health Care, Department of Public Health, Kentucky Department of Transportation, and others. This statewide event will bring awareness of the need for local infrastructure that promotes healthy lifestyles in an otherwise poor health, sedentary population. 2S KY serves as a platform to showcase community programs that are positively affecting the state's health, economy and environment.

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