Get Moving Fulton County
Lifestyle and behavioral risk factors contribute greatly to the onset of the chronic diseases that are the leading causes of death for Kentuckians. National Report Card ranks Kentucky 45th out of 50 states (United Health Foundation State Health Rankings, 2010). Kentucky Institute of Medicine states that Fulton County ranks 111 out of 120 counties in the state with risk for diabetes, obesity and various cancers. Many people are so busy they do not make time for physical activity.

Get Moving Fulton County Program allowed participants to have support, education and accountability to get started on their healthy goals. Participants weighed in once a week for 10 weeks. The Family and Consumer Sciences Agent partnered with a physical therapist, registered dietitian nutritionist & certified diabetes educator to teach educational lessons. Through the program there were 45 participants on 15 teams with a total weight loss of 625 pounds.

Truth and Consequences: The Choice is Yours
In January 2013, the Fulton County Cooperative Extension Service 4-H Agent, Agency for Substance Abuse Policy, county and city school systems and various organizations joined together to host the event. Truth and Consequences is a role-playing event where students are given a scenario related to drug use. In the time allotted, students visit three or more community agencies or officials to learn the
consequences of their actions. Fifty-three ninth graders attended the event with twelve parents and numerous community volunteers showing support by going through the event with students.

Studies have shown that 63% of teens have tried alcohol and marijuana by the time they are in ninth grade. This eye opening reality showed the need to help educate the youth about their choices was apparent. Those participating included the county attorney, state and local police, juvenile justice, coroner, hospital, health department and many more. They educated the students about the cause and effect of their choices and were able to show them the processes and procedures involved.

This event taught parents about the judicial system and the dangers involved with their children making poor decisions. One student said "I had an amazing experience at Truth and Consequences. I loved hearing a real person who had experienced being in jail. I also liked the debriefing because I talked about my experiences and I believe that it touched the listener’s hearts."

**Exercise can be Fun**

In today's society of being a couch potato, exercise seems to be a word that does not excite many. Disguising the word exercise is essential when you want participation from a group of youth who would rather sit and play video games. Carr Elementary’s physical education time for Kindergarten through Sixth grade is called Take 10 and lasts for 20 minutes. The 4-H Agent was asked to come and help promote physical activity during that time. What do you do with over 100 kindergartners through sixth graders? Dance, of course! They learned that you don’t have to hit every beat just move your body.

The six twenty minute sessions consisted of stretching, learning dance steps, and then putting it all together to dance to their hearts content. The favorite was free style where the kids could do whatever dance they chose. 100% of the students and teachers participated and put forth their best effort. It was emphasized to the group that exercising can be fun if you are doing something you enjoy.

**LEAP Into Health**

LEAP Nutrition, Physical activity and Literacy education are increasing needs in every community in Kentucky. Approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. According to the CDC, 1 of 7 low-income, preschool-aged children is obese. Putting together nutrition, physical activity and reading is a natural link. Reading books that focus on preparing, eating healthy foods and being physically active may motivate children to adopt positive food and physical activity behaviors that last a lifetime.

Children are interested in stories that connect to their daily lives. This is why LEAP nutrition, physical activity and literacy education is an increasing need in all Kentucky communities. Participants of the program completed 10 sessions of the curriculum. The program was taught to 68 Head Start Preschoolers at Fulton County Elementary. Parents were informed about the importance of proper nutrition and physical activity via newsletter sent home with the students. 98% said they would try new fruits and vegetables and 100% of the participants demonstrated proper hand washing technique.

COOPERATIVE EXTENSION SERVICE

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Extending Knowledge, Changing Lives

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