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| County Emphasis |  |

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| [Concentration](https://extension.ca.uky.edu/2025-situation-statements)*(select up to 4 from list below or the linked website)* | Family and Youth Development |

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| [Situation](https://extension.ca.uky.edu/2025-situation-statements)*(situation statements can be found at the linked website)* | Family and Youth Development programming is essential for fostering healthy, supportive environments where both children and adults can thrive. By offering structured activities and educational workshops, UK Extension aims to build strong family bonds equipping young people and older adults with critical life skills. Guided by the Cooperative Extension’s National Framework for Health Equity and Well-being, our programming also addresses social and emotional needs throughout the lifespan, promoting resilience and positive relationships which are two of the key concerns identified in the top 15 needs of Kentucky’s statewide needs assessment. Investing in such programs can prevent future challenges by supporting early intervention and personal growth. Ultimately, these initiatives contribute to the well-being of individuals and the stability of communities, making them a vital component of social development. |

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| County Situation |  |

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| Long-term Outcomes | * Increased meaningful social connections
* Increased support network
* Increased kindergarten readiness rates in the county and state
* Increased caregiver preparation
* Improved quality of family life
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| Medium-termOutcomes | * Increased healthy relationships across generations that support healthy community, nurturing behaviors, and quality time together.
* Enhanced community partnership that equitably support family health (e.g., FRISC, Health Depart., DAIL, AAA,)
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| Short-term Outcomes | Strengthening family behaviors include, but are not limited to, spending time together, creating safe environments, engaging in positive communication, building supportive networks, showing appreciation, healthy stress management, engaging in regular selfcare, and adopting a positive outlook.* Increased knowledge about nurturing parenting and caregiving across the life span.
* Increased awareness of community resources to support healthy families.
* Increased confidence making decisions related to parenting and caregiving.
* Increased confidence and motivation to reduce loneliness and social isolation.
* Improved skills related to nurturing parenting and caregiver support
* Increased intentions to employ health-promoting behaviors (e.g., reading to your child, spending time together, self-care, caregiver preparation, active living).
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Learning Opportunities

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| Audience | Families and Individuals |
| Project or Activity | Parenting Education |
| Content or Curriculum | Active Parenting 4th ed., Parenting A Second Time Around, Parent Express Newsletter, Laughter in Marriage is a Must, Information releases and Publications, Am I Lying to My Child When I Say the Tooth Fairy is Real?; Navigating Trauma After a Natural Disaster; Understanding Suricide; Living with Loss: Self-Care and Managing Grief; Entertaining Little Ones; Pathways to Wellness: Navigating the people, places, and spaces that influence health; Inspiring Grandchildren to become Grand Cooks; Emergency Health Information Cards; Time Well Spent: Organizing Tips for Increased Productivity; In the Face of Natural Disaster Toolkit; Athletic Performance (Nutrition); Cook Together, Eat Together; Eating for Health; Faithful Families; Food Safety; Family Mealtime; Increasing Powerhouse Vegetables; Making Health Lifestyle Choices; Making the Most of Meals while Traveling; Maternal and Child Health; Vegetables for Wellness; Home is Where the Health Is; Piecing it Together: Essential Skills for Single Parent Families; How to Help Military Families; Feed Hungry Young Minds through Storybook Adventures; Life Story/Memory Banking; Understanding Risky Adolescent Behavior and Health Brain Development; Building Your Preschooler’s Financial Capacity; Traveling Light; Grandparent and Grandchildren Together; Parent Express; Keys to Great Parenting  |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, Family Resource Youth Support Coordinators; Department of Community Based Services, health departments, non-profits, faith-based organizations, schools, company health & wellness, community centers, etc.  |
| Date(s) | Ongoing |

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| Audience | Families and Individuals |
| Project or Activity | Caregiver Support |
| Content or Curriculum | Publications, Family Caregiver Health Bulletins, Faithful Families, Story Walks, Health and Wellness Ambassadors, Share Space Agreements, Health Coalitions, Be More, WIN, Health Partners, Bingocize, Walk Your Way, Families on the Move, County Walking Challenges; Nutrition for Older Adults, AARP Prepare to Care, In the Face of Disaster Toolkit; Living with Loss; Indoor Air Quality; Strong Bones for Life: Prevent Osteoporosis and Nourish Your Bones and Joints; Understanding and Coping with Farm Stress; Understanding Suicide; Savvy Online Grocery Shopping; Pathways to Wellness; Inspiring Grandchildren to Become Grand Cooks; Health Literacy for the Win; Tips for Managing Stress Eating; Estate Planning; Transferring Cherished Possessions; Emergency Health Information Cards; Time Well Spent; Consumer Protection; Scams; Masting Mindfulness; Eating for Health; Food as Health; Food Safety; Making Health Lifestyle Choices (Nutrition); Healthy Bladder Habits; Kick Kentucky Caner; Mental Health and Well-Being Series; Stand Up to Falling; The Mind/Body Connection; General Housing—Accessibility and Lighting; Keys to Embracing Aging; Mental Health Matters; How to Help Military Families; 10 Warning Signs of Alzheimer’s; Understanding Alzheimer’s Disease; WITS Workout |
| Inputs | Programmatic materials, paid staff, volunteers, community partners; facilities, health coalitions, healthcare providers, health department, non-profits, schools, company health & wellness, faith-based organizations, Homemakers, community centers, etc. |
| Date(s) | Ongoing/seasonal |

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| Audience | Families and Individuals |
| Project or Activity | Kindergarten Readiness |
| Content or Curriculum | Laugh and Learn Playdates, Understanding Disability, Information Releases, and Publications |
| Inputs | Programmatic materials, paid staff, community partners, volunteers, faith-based organizations, HeadStart/daycare organizations, healthcare providers and local clinics, health department, non-profits, schools, Homemakers, community centers, etc. |
| Date(s) | Ongoing |

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| Audience | Families and Individuals |
| Project or Activity | Communication/Relationships Across the Lifespan |
| Content or Curriculum | Pathways to Wellness, Faithful Families, Story Walks, Shared Space Agreements, Trail development, Active Community Toolkit, Be More Guide, resources for early care and education settings, food system work (e.g., farmers’ markets, backpack programs, community gardens), SNAP-Ed toolkit; Memory Banking/Life Story; Keys to Embracing Aging; AARP Prepare to Care; Kick Kentucky Cancer; Living with Loss; Mental Health Matters; In the Face of Disaster Toolkit; How to Help Military Families; Understanding Risky Adolescent Behavior and Healthy Brain Development; WITS Workout; Grandparents and Grandchildren Together. |
| Inputs | Programmatic materials, paid staff, community partners, volunteers, grant funds, local organizations and community partners, health coalitions, Nutrition Education Program, local farms/growers/producers, key stakeholders, elected officials, Department of Transportation, employee health andwellness, schools, etc. |
| Date(s) | Ongoing |

Evaluation

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| Outcome | Increased *knowledge* about nurturing parenting and caregiver support across the lifespan (e.g., how often you read to your child, benefits of spending time together, identifying selfcare behaviors, enhance communication) (initial) |
| Indicator | Number of participants who reported increased knowledge of nurturing parenting and/or caregiver support practices. |
| Method | Self-reported surveys |
| Timeline | Post-program/curricula survey administration |

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| Outcome | Increased *confidence and motivation* to engage in nurturing parenting and caregiver support (e.g., how often you read to your child, benefits of spending time together, identifying selfcare behaviors, enhance communication) (initial) |
| Indicator | Number of participants who reported they have used nurturing parenting and/or caregiving strategies to improve their skills. |
| Method | Self-reported surveys |
| Timeline | Post-program/curricula survey administration or follow up evaluation |

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| Outcome | Increased *intentions* to engage in nurturing parenting and caregiver support (e.g., spending more quality time together, engaging in meaningful talk) (initial) |
| Indicator | Number of participants who reported they intend/plan to increase time spent nurturing and/or caregiving. |
| Method | Self-reported surveys |
| Timeline | Post-program/curricula survey administration |

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| Outcome | Enhanced community partnerships that equitably support family health (e.g., FRISC, Health Depart., DAIL, AAA,) (intermediate) |
| Indicator | Number of participants who reported seeking support from local community organizations and/or its individual member. |
| Method | Self-reported surveys |
| Timeline | Repeated self-reported surveys and/or follow-up evaluations to capture behavior change over time |

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| Outcome | Increased healthy relationships across generations that support healthy communication, nurturing behaviors, and quality time together. (intermediate) |
| Indicator | Number of participants who reported they enhanced healthy relationships. |
| Method | Self-reported surveys |
| Timeline | Ongoing/as changes are made and projects progress. |

Data Sources (select any/all that apply)

 Extension Community Needs Assessment – Data Dashboard

 Extension Community Needs Assessment – Respondent Comment Summaries

 Kentucky by the Numbers – Secondary Data for the Community Needs Assessment

 Kentucky by the Numbers Data Profiles

 CEDIK County Data Profiles

**Concentrations (select up to 4 – copy and paste your selection in the concentration section above)**

Animal Production and Management

Plant Production and Management

Sustainability, Natural Resources and Wildlife Management, and Environment

Financial Security and Economic Well-Being

Food Safety, Quality, and Access

Connected & Resilient Communities

Building Leadership Capacity

Work and Life Skill Development

Health and Wellbeing

Family and Youth Development

Small Farm Development

Substance Use Prevention and Recovery

Mental Health and Well-Being