

Harlan County Extension Family Fun Night

Harlan County Cooperative Extension Service and UK's Superfund Community Outreach Core

PROJECT OBJECTIVES & BACKGROUND

- to teach health information
- to encourage physical activity and healthy eating habits
- to share and enjoy healthy food



Other Partners:

- Operations Unite
- Harlan County Public Library

METHODS

- Interactive health displays
- Kid's walk and earn shoe charms
- Scavenger hunt for health information
- Chick incubation
- Window sill garden
- Extension "favor bags"
- Door prizes to encourage physical activity



RESULTS

- Increased knowledge of health issues
- Improved attitudes about physical activity and nutrition

