EXTENDING KNOWLEDGE
Changing Lives

IN CARROLL COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Carroll County Cooperative Extension: Building Our Community, Building Our Future

The Carroll County Cooperative Extension Service is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky’s College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth’s two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through an education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development.

As we reflect on the past year, we see a common thread—our volunteers are amazing, and it is they who make our work in this county that much more rewarding and worthwhile.

Priority Program Efforts

♦ 35 people are now involved in addressing significant community issues
♦ 17 local residents implemented practices that promote sustainable agriculture
♦ 2 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
♦ 64 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
♦ 300 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
♦ 75 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
♦ 311 youth and adults demonstrated informed and effective decision-making skills
♦ 5 individuals incorporated new or additional conservation practices
It’s About You!
Diabetes Support Group

Data reported by the Centers for Disease Control Prevention (CDC) and Kentucky Department for Public Health Behavioral Risk Factor Surveillance System, Carroll County, with nearly 10% of its adults having diabetes, is also among Kentucky counties with the highest death rates for diabetes.

One of the leading causes of death and disability in the United States, diabetes is a major cause of heart disease and stroke as well as the leading cause of kidney failure, non-traumatic lower-limb amputations, and adult blindness.

Average medical expenses are more than twice as high for a person with diabetes as they are for a person without diabetes.

In order to help Carroll County residents with diabetes learn to manage their disease, the Carroll County Cooperative Extension Service partnered with Three Rivers District Health Department to provide a monthly diabetes support group and conduct a 6-week diabetes management series in the county.

The Family and Consumer Sciences Extension Agent and Certified Diabetes Educator with the Health Department conduct and teach monthly sessions, inviting local physicians, pharmacists, and other health professionals to present on specific topics. Thirty-five residents have participated in the program.

This past year, all participants indicated they saw improvements in their health as a result of the basic overview of diabetes provided in the series, group interaction and support group programs on care of the feet and shoe selection, eye care concerns, what to ask your pharmacist, depression and family support, personal exercise and activity, care of the skin, understanding role of carbohydrates and diabetes and reading food labels.

All participants indicated that the research-based information presented resulted in healthier eating and living habits.

Personal testimony from support group participants indicates that all received information that has helped them better control their diabetes. Information received is valued at over $2,000 of which 50% of the participants would not have been able to otherwise afford.

As a result of the support group and sessions, 20% have increased their physical activity, 75% have learned to read food labels and other ways to control their carbohydrate intake, 80% are eating healthier and 85% indicate their diabetes under better control.

Since attending the support group, six people learned they can qualify for a free pair of diabetic shoes. One woman, who was using a walker due to a foot problem undiagnosed by her doctors, learned of a podiatrist who immediately diagnosed it as a critical problem that could have led to amputation. Today, she is off her walker and receiving proper medical care.

A young woman, often hospitalized due to complications with her diabetes, learned new ways to control her lifestyle and medications; she has her diabetes under control.

Continuing education will be provided by the Carroll County Cooperative Extension Service in cooperation with the local health department to help resident’s better control their diabetes.

What Does Volunteering in Extension Mean to You?

“Being a volunteer allows me to interact with the local youth, doing things they may never have the opportunity to do, while promoting a positive male role model.”

- Dave Huesman
Shooting Sports Shotgun Coach & 4-H Camp Adult Counselor
County Agricultural Investment Program & FFA Gilt Project

Supporting local agricultural producers and creating youth opportunities is a high priority of the Carroll County Extension Council and the Carroll County Agricultural Development Council.

In response, the Carroll County Agricultural Development Council carried out the County Agricultural Investment Program (CAIP) to local producers in 2012.

One-hundred and five Carroll County producers applied for CAIP; an increase of nineteen percent from the previous year.

Sixty-three Carroll County producers were approved for CAIP cost-share funds totaling $126,000.

These funds were used to invest in agricultural operations through a variety of areas including cattle genetics, facility improvement, and forage development.

Furthermore, ten of those approved producers (15.9%) developed a Kentucky Agriculture Water Quality Plan for the first time.

In addition to CAIP, the Carroll County Agricultural Development Council approved a $1500 cost-share opportunity for the Carroll County FFA Chapter.

This cost-share helped the organization purchase two bred gilts to begin a hands-on swine program for the high school students. Not only will these students be able to work with the hogs through FFA, but through the Carroll County 4-H Program as well.

Extension Homemakers Volunteer at Fairview Place Senior Living Community

Carroll County Extension Homemakers identified a need at a local assisted living home for more activities for its residents.

With this in mind, two Extension Homemaker leaders led an effort to plan and conduct monthly seasonal hands-on activities at the facility. Several other Extension Homemaker members assist at the monthly sessions attended by approximately sixteen residents.

As a result of the effort, the home manager notes more residents participating, have a better outlook and interested in participating in other activities at the home.

Over 500 hours of volunteer time were given to the project this past year. The National Independent Sector values one hour of volunteer time at $22.14, thus making this project worth $11,070!

4-H Country Ham Project

4-H representatives on the Carroll County Extension Council saw a need for more youth programs in the county. As a result, 2013 marked the first year of the 4-H Country Ham Project in Carroll County.

The people of Carroll County offer a vast range of expertise in almost every project imaginable! Expertise in the process of curing country ham is no exception. Brothers Jim and Bob Froman have extensive experience curing and selling country hams. Their father had the honor of having the Grand Champion Country Ham at the Kentucky State Fair in 1966.

The Fromans spoke with 4-H’ers about the history of country ham, in addition to providing hands-on demonstrations of the curing process.

Six Carroll County 4-H’ers participated in the first year of the 4-H Country Ham Project in the county.

In January, each 4-H’er received two “green” hams that they cured, wrapped, socked, and hung in a ham house at the Carroll County Extension Office.

In April, 4-H’ers scrubbed their hams and placed them back in the ham house.

In June, each ham was judged and displayed at the Carroll County Fair. All 4-H’ers received blue ribbons.

In August, the best of the two hams for each 4-H’er was judged at the Kentucky State Fair. In addition, each 4-H’er gave a 3-5 minute speech on a topic related to the country ham.

Five Carroll County 4-H’ers received blue ribbons
with one young man earning fifth in his class of seventy-two. One young lady scored second place on her speech out of seventy-eight individuals.

In addition to youth learning the ham curing process, eleven adults cured a ham.

The first year of 4-H Country Ham Project in the county was a great success, and therefore will continue for the future.

Volunteers:
The Reason for Success in 4-H

When thinking of the 4-H program, one word comes to mind: VOLUNTEERS—those wonderful community citizens who want to make a difference in the lives of the youth in their county.

One such example of volunteers stepping up to the plate was at the Carroll County Fair. Fifteen adult volunteers gave their time to participate in Project Day to teach 4-H’ers a variety of projects to enter as exhibits. Project areas included sewing, electricity, crochet, quilting, photography, family & consumer sciences, horticulture, folk art, jewelry, decoupage, paper crafts, gardening, recycled items, forestry, and wood science.

Over 150 4-H exhibits were entered and displayed at the Carroll County Fair. Sixty of those received Grand Champion in their respective classes and continued on to the Kentucky State Fair. There, 4-H’ers earned two class champion ribbons, twenty-six blue ribbons, eighteen red ribbons, and sixteen white ribbons.

Twenty-six volunteers worked during the Livestock Shows through monitoring the livestock gate, weighing in animals, taking pictures, handing out ribbons, and announcing the shows.

Three volunteers brought rabbits, dairy goats, a feeder calf, and four baby goats to the Fair that were used to demonstrate milking and feeding. Each night, children learned about these animals and even got to go into the stall and feed the baby goats with a bottle.

What amazing opportunities our volunteers provide for our community!

Utilizing Technology to Deliver Extension Programs

Agriculture representatives on the Carroll County Extension Council placed high priority on having more educational forage classes for Carroll County producers.

In addition, agriculture representatives stressed the importance of having programs in Carroll County so to lessen the travel time for local producers. In response, technology and video conferencing were utilized to deliver Extension programming.

The 2013 Pasture & Hay Improvement Strategies program was held in late January and delivered through Microsoft Lync. The presenters were broadcasted live to producers in the Carroll County Extension Office from the Warren County Extension Office. Carroll County producers were able to ask questions of the presenters in real time.

Thirteen producers from Carroll, Gallatin, and Owen Counties participated in the program. According to evaluations given at the end of the program, 91.7% of producers found the presentations very helpful. One-hundred percent of producers rated the quality of the overall program as excellent or above average. Lastly, and most interestingly, one-hundred percent of the producers were very receptive to more educational programs being delivered by webinar in the future.

The 2013 Grain Production Meeting for Carroll, Gallatin, and Owen Counties was also held at the Carroll County Extension Office through Microsoft Lync. Fourteen producers attended this meeting.

Utilizing technology to deliver Extension programs is an excellent way to save money and time in travel for local producers and UK Extension Specialists. Based on the positive reviews, this delivery method will continue to be used in the future.