

EXTENDING KNOWLEDGE *Changing Lives*



IN GALLATIN COUNTY

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

MEDIA SMART YOUTH

As young people spend more time than ever in front of a television or a computer screen, youth from Gallatin County are busy moving, munching, and building their media skills as part of Media-Smart Youth: Eat, Think, and Be Active!

This after-school program empowers young people of all ages to make healthy choices about nutrition and physical activity by helping them understand how media can influence their lives.



About one-third of American children and adolescents ages 2 to 19 are overweight or obese according to the Journal of the American Medical Association. Several factors contribute to the rising rates of overweight children and childhood obesity. These factors include reduced physical activity. Nationwide, less than 1/3 of all youth ages 6-17, engage in vigorous physical activity. Youth are consuming too many calories and many of those are empty calories.

The rising use of media is linked to a sedentary lifestyle. Frequent media exposure leads to choices for less nutritious foods. Studies show that children are exposed to between 14,000 and 30,000 TV ads alone per year. 15.4% of Kentucky's high school students are overweight and 18% are considered obese, according to the Youth Risk Behavior Survey.

Because of these different factors, Gallatin County Extension received a \$1000 grant to introduce the Media-Smart Youth program to teach the concept of healthy choices. The Gallatin County Extension 4-H Agent, Expanded Food and Nutrition Program Assistant and a 4-H Youth Leader conducted the Media-Smart Youth program.

Priority Program Efforts

- A total of 92 people are now involved in addressing significant community issues
- 75 youth made an impact in their community through service projects
- 87 local residents implemented practices that promote sustainable agriculture
- 23 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 66 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 245 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 120 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 110 youth and adults demonstrated informed and effective decision-making skills
- 125 individuals incorporated new or additional conservation practices.

Media-Smart focuses on several areas; media awareness, media production, nutrition, and physical activity. Students brainstormed the various forms of media, the six media questions, what is advertising, packaging, how to create various mini-productions such as blogs, Facebook pages, and jingles. They also explored the connection between the media and health. The culminating activity was to create four thirty second Public Service Announcements. These PSA's are on the KET education site and have also been broadcast numerous times at school.



Since we have been working with the youth on the Media-Smart Youth program, the Department of Agriculture implemented the “Snack Like a Superhero” billboard and recipe cards. One billboard is located at the Gallatin County Extension Office.

The Media-Smart Youth program is one tool to help ensure that these behaviors are healthy ones and can be used with all cultures. This culturally diversified group is enthusiastic about the program. “In Media-Smart Youth we did so many fun things,” according to one participant. Another said, “And we learned how to make healthy food choices and healthy snacks that taste good!”

According to the Gallatin County WebNEERS Report, youth reported a 30% improvement on eating fruits and vegetables, in physical activity a 60% improvement and food safety improved by 20%. Gallatin County Extension will continue to work with the county’s youth to teach them Media-Smart Youth concepts.

CREATIVE CULTURE ART CAMP

According to a 2008 study by the non-profit organization, The Education Commission of the States, students consistently involved in theater and music show higher levels of success in math and reading. It is also a way for children to express and share feelings, ideas, and values according to KET. When youth explore the arts of different cultures, they develop an understanding and appreciation of that culture, its history, and traditions. The arts are an effective tool for fostering individual and community growth. Arts education solves problems. Research shows that art is closely linked to academic achievement, social and emotional development, civic engagement, and equitable opportunity. In short, arts education builds strong communities.

With that being said, a Creative Culture Camp in Carroll and Gallatin Counties was designed to meet the needs of youth during the summer months by providing affordable, accessible and appropriate learning activities and cultural experiences through artistic mediums. The premise was that youth who participated in Creative Culture Camp would explore a variety of cultures through visual arts, music, and drama. The camp provided a safe and engaging place for youth to spend time during the summer while using time constructively, creating cultural competence and developing interests and skills in the arts.

Collaborating, we wrote and was awarded a grant for \$1000.00 by the Charles Barnhart Fund for Excellence Grant and also received \$500.00 from the Ohio Valley United Charities to fund the art camp. The premise for the art camp came about because the populations of our two rural counties are 10,924 and 8,462, respectfully, and have limited access to cultural activities and experiences.



“The purpose of art is washing the dust of daily life off our souls.”

- Pablo Picasso

PLATE IT UP KENTUCKY PROUD CHALLENGE 2015

The majority of Americans fail to consume the recommended five to nine servings of fruits and vegetables per day for optimal health. According to the CDC State Indicator Report, only 14% of adults in the United States eat two or more servings of fruits and vegetables per day.

To encourage Gallatin Countians to eat more fruits and vegetables the Gallatin County Extension hosted the KY Proud Plate it Up Challenge in August 2015 with several other northern Kentucky counties. The KY Proud Plate It Up Challenge challenged participants to eat more fruits and vegetables and record the fruit and vegetable intake of locally or Kentucky proud products for seven consecutive days during the month of

NUTRITION EDUCATION FOR SENIOR CITIZENS

Good nutrition is critical to good health, age doesn't matter. Studies show that poor nutrition is the biggest threat to an older adult's independence. According to the USDA Healthy Eating Index, Diet Quality of Older Americans the overall diet quality of Americans age 65 and older has not significantly improved in the last several years. The report indicated to improve their diet quality, Americans need to increase their intakes of whole grains, dark green and orange vegetables, legumes, and milk; and eat fewer foods high in solid fats and added sugars. These changes, if made, would provide substantial health benefits. However, many seniors do not know where to start with their nutrition plans.

The Gallatin County Extension Service collaborates with the Gallatin County Senior Center to conduct monthly nutrition education lessons in coordination with the USDA Dietary Guidelines and MyPlate. Lesson topics thus far include: Egg and Egg Food Safety, Health Benefits of Dark Chocolate, Easy Nutritious soups, Turkey Food Safety, Pumpkin, Bananas, Cranberries, Healthy Beverages, and much more!

After follow up discussions and evaluation with the Senior Citizens, 100% of participants have reported learning/trying something new and nutritional knowledge gained as a result of the nutrition lessons. Many participants report to using the recipes and sharing the nutritional information at home with their families.

BREATHING NEW LIFE INTO AN OLD CEMETERY

When a company decides to relocate or expand to a new community, one of the things they take into consideration is the state of that community's cemeteries. This is especially true of foreign corporations. How a community treats and respects those who passed before is of high importance to them. This is one reason why the Gallatin County Extension Service (Ag Agent) is taking on the leadership role in the refurbishment of the Old Warsaw Cemetery.



The Old Warsaw Cemetery is a little known treasure in Gallatin County. The cemetery dates back to the early 1800's, and some of the city's and county's founding families are buried there.



August. Locally sourced items included fruits and vegetables bought from local roadside vegetable stands, farmers markets, items labeled with the Kentucky Proud logo and produce grown in home gardens.

To promote the Plate it Up challenge several programs were presented using the Plate it Up recipes. Lessons include Plate it Up night for the County Extension Council, Cooking from the Garden, and lessons at the Gallatin County Senior Center.

An additional proponent to the challenge required participants to prepare a Plate it Up Kentucky Proud recipe. Recipes could be found at the Gallatin County Extension Office on the county website or social media pages. Evaluations indicated that many participants prepared more than one Plate it Up Recipe during the seven consecutive days.

Evaluations indicated as a result of Plate it Up Kentucky Proud Challenge was a success. 100% of participants indicated they became more aware of KY food products. 95% of participants also indicated that they are more aware of the amount of fruits and vegetables they eat on a daily basis. 90% will continue to look for more KY products in the future.

And, unfortunately, it has been neglected for many years. Many headstones are broken, fallen over, stacked on the back of the property, or simply missing. With the City of Warsaw's bicentennial celebration looming, it seemed a fitting time to begin the work of restoring this historical ground.

Working with the City of Warsaw, the Warsaw Bicentennial Committee, and the Gallatin County Cemetery Board, much has already happened in terms of expertise gained and funds raised.

The Extension Service organized a trip to Eastern Cemetery in Louisville where a similar, though larger, effort is currently underway. During our day in Louisville, the coordinator explained and demonstrated the process of raising and refurbishing old headstones. He also showed us the products and tools necessary to do the job properly. It was a "hands-on" day and we all gained a working knowledge of gravesite restoration from the trip.

Of course it takes money for a project like this to make it to fruition. Our working group has approached many individuals and businesses in order to obtain financial support. As a result, one local bank has already contributed \$10,000.00 towards the project. For such a small community, this was a huge commitment and will go far towards achieving our goal of restoring this hallowed place.

HARTIG PARK AND NATURE CENTER

In 2014, the Hartig Family offered, free of charge, over 500 acres of land to Gallatin County with the conditions that the land would never be sold or developed for housing or commercial use. In other words, they wanted it to stay a green-space.



The county accepted the gift, but really had no clear idea of how to best utilize the gift. The Judge Executive of Gallatin County approached the Gallatin County Extension Service (Ag Agent) and asked that we take a leadership role in defining how the park will be used.

Working with the county, the Extension Service identified 15 members of the community from varied locales, backgrounds, and knowledge bases and formed a Hartig Park advisory board.



The advisory board has met on a monthly basis and have identified what activities the land is suitable for. Once those activities were identified, board members split into committee groups based on those activities.

The committee groups have already been active. They have met at the property on several occasions and have identified specific areas of the property suitable for lottery hunting, horse-back riding, hiking, picnicking, and environmental studies.

Working with the county and state, the board has already obtained funding for the removal of dilapidated structures and for the construction of a shelter house on the property. Funding has also been made available for bush-hogging the property's numerous open ridges.

This will be a long-term project; 500 acres is a big piece of ground. So progress will continue as funding becomes available. But based on the enthusiasm and early efforts of the working group, we are well on our way to opening one of the largest county parks in the Commonwealth.

<p>COOPERATIVE EXTENSION SERVICE</p> <p>UK UNIVERSITY OF KENTUCKY® College of Agriculture, Food and Environment</p>	<p>The Gallatin County Cooperative Extension Service</p> <p><i>Extending Knowledge, Changing Lives</i></p>
<p>For more information, contact us at:</p> <p>395 U.S. 42 West Warsaw, KY 41095-0805 (859) 567-5481 Fax: (859) 567-5432 www.ca.uky.edu</p>	