EXTENDING KNOWLEDGE

Changing Lives

IN JACKSON COUNTY

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

Did you know that at the Jackson County Cooperative Extension Service……..

- Ten families with ages ranging from 5 years old to 72 years old participated in a three month Extension Community Garden Program through the Grow Appalachia Program.

- Jackson County 4-H Drama Teens, ages 13-18 years old, participated in cultural day trips to various museums, concerts, theaters and restaurants throughout the 2012-2013 school year. This was made possible through a grant from the Promise Neighborhood Program.

- There were 100 graduates of the Canning 101 Program including 50 youth and 50 adults.

- The Jackson County Farmers Market was recently recognized as one of the top five markets for WIC redemption in the state by the Nutrition Services Branch of the Kentucky Department for Public Health.

Read about it in this report.

Priority Program Efforts

- A total of 50 people are now involved in addressing significant community issues
- 97 local residents implemented practices that promote sustainable agriculture
- 25 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 210 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 355 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 119 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 67 youth and adults demonstrated informed and effective decision-making skills
Agriculture and Natural Resources
Jeff Henderson, ANR Agent

Jackson County Farmers’ Market

The Jackson County Farmers Market (JCFM) was opened five days a week at three different locations throughout the county during the growing season in 2013. The JCFM had 22 vendors this year, five of which are new. The JCFM has accepted WIC and senior vouchers, which can only be redeemed for fresh produce at local farmers markets, since those programs were created by the state. The Jackson County Farmers Market WIC redemption rate remains one of the highest redemption rates and was recently recognized as one of the top five markets in the state by the Nutrition Services Branch of the Kentucky Department for Public Health. The senior voucher redemption rate was over 92% in 2012. The Jackson County Extension Staff continues to lead in organizing and conducting the Jackson County Farmers Market. This includes recruiting new vendors for the market, securing additional funding for special farmers market promotional days and providing training to all growers on WIC and Senior Voucher redemption procedures and Good Agricultural Practices (GAP) training. The Extension staff also helped secure an additional $2,000 in local funding that was distributed to an additional 90 low income seniors for senior vouchers for redemption of produce only at the JCFM. As a result of these additional funds, more low income seniors have access to much needed, nutritious fresh produce and additional income for the producers who market their produce at the JCFM. The innovative ways that the Extension Staff incorporated to promote the JCFM and healthy, nutritious alternatives impacted hundreds of local families and provided additional income opportunities for the farmer vendors.

Contact us about these programs as well:
Jackson County Cattlemen’s Association
Jackson County Dark Honey Producers
Jackson County Regional Food Center
Jackson County AG Council Cost-Share Programs

Family and Consumer Sciences
Clare Kincaid, FCS Agent

According to the 2013 Building Strong Families for Kentucky publication for Jackson County Kentucky; 12.1 % of adults 20 years and older have been diagnosed with diabetes, 33.4% are obese and 36.7% are physically inactive. Clare Kincaid, Family Consumer Science Agent, along with Cathy Howell, EFNEP assistant, continued to collaborate with agencies to provide programs that target assessing nutritious foods and making healthy lifestyle choices.

Lunch and Learn Diabetic Program

The Diabetes Lunch and Learn Program was a six session program based upon the University of Kentucky, Taking Ownership of your Diabetes curriculum. The program was coordinated by Clare Kincaid, FCS agent partnering with local professionals including the Jackson County Health Department, McKee Medical Clinic, White House Clinic and Elite Medical Supply. The classes consisted of diabetic education, diabetic recipes and samples of these recipes.

The average attendance for this program was ten participants for the six weeks. During this program 90% of the participants indicated they implement at least 3 healthy eating practices as a result of the program and 70% of people set and accomplished one or more goals for themselves as a result of the program. Comments made by the participants include, “I have learned how to count carbohydrates and now realize how serious diabetes really is”, “I learned how important portion control is being a diabetic” and “I realized that I need more physical activity and my goal is to walk 30 minutes daily”. 

Participants learning portion control at the Lunch and Learn Program.
**Canning 101**

“Canning 101” was a collaboration between the Promise Neighborhood Program and Jackson County Cooperative Extension Service with objectives to safely learn food preservation, eat more fruit and vegetables, encourage individuals to grow more gardens plus increasing time youth spend with adults. Research from the Search Institute indicates that children who interact more with their family and community are more likely to engage in healthy behaviors.

Without community partners such as the Promise Neighborhood Program we would not have been able to serve the number of people in this program. The Jackson County Cooperative Extension Service graduated 100 participants including 50 youth and 50 adults. The six week course covered food preservation methods such as pressure canning, water bath, dehydrating and freezing based on research information from the University of Kentucky Food Preservation publications. After the six week course the participants received canners, a dehydrator, jars, lids, freezer bags and much more to continue preserving their food safely in their own homes.

We received numerous letters from the canning participants including a 12 year old girl who wrote, “I enjoyed learning about healthy foods, canning, plus spending time with my family” a mothers comments were,” I can now can in my own home and feel confident about it!” Another quote is “ My daughter has learned a life skill she will be able to pass on to her children someday”. This was the second year of collaboration with Promise Neighborhood in safe methods of food preservation.

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**4-H and Youth Development**

Verlene Congleton, 4-H Agent

Chances are you have heard the saying, “It takes a village to raise a child”. The Jackson County Cooperative Extension Service realizes that with limited funding available to offer quality programs in the community, there is a need to partner with viable community organizations. According to the US Census Bureau only 5.7 percent of citizens in McKee, Kentucky has a Bachelor’s Degree or higher. The median household income for a family of 2.4 members is $21,448.

**Minute to Win It!**

Camp Andrew Jackson is a non-profit organization in the community of McKee that offers programs to needy children and families. One of those resources is a summer camp for youth, Camp AJ. The Jackson County Cooperative 4-H Youth Development program partnered with Camp AJ during the summer of 2013 to offer the 4-H Minute to Win It Program. The American Heart Association states that kids need 60 minutes of physical activity daily. Statistics also show kids aren’t getting nearly enough fruits and veggies in their diets. In an effort to introduce youth to new vegetables and also increase their physical activity, they were given an activity with one minute to complete. Upon completion they had to try a vegetable or fruit in order to receive a prize. A total of 90 youth participated in this program. 99 percent of youth tried the vegetables and fruits while 1 percent refused. 34 percent commented that this was the first time that they had tested certain fruits or vegetables, with 32 percent liking the new fruit or vegetable. What was even more surprising was one of the fruits offered to the youth were blackberries that grow wild all over Kentucky. This was the first time some of these youth had ever even tried Blackberries!!

**Come Grow With Us!**

Another great collaboration effort was with the Grow Appalachia Project. The per capita income in Appalachia is nearly 15 percent lower than the national average and in the poorest parts of Eastern Kentucky poverty rates often approach 25 percent while the national average is 15.6 percent; thus leading to food insecurity and affordable priced healthy foods.
The Jackson County Cooperative Extension Service applied for a grant through the Grow Appalachia program to do a community garden program with families. 10 families participated with ages ranging from 5 years old to 72 years old in this 3 month Extension Community Garden Program. The objectives were to produce healthy food and encourage outdoor exercise while providing quality family time.

Post participation responses revealed:
* 100 percent of families grew and harvested vegetables.
* 30 percent of families had never grown a garden before.
* 100 percent of the families gained knowledge in gardening skills.

The Jackson County Cooperative Extension Service plans to offer this program next year with the hope that families will grow enough food for their extended families and/or participate in the local Farmer’s Market.

**Drama Teens**

Another great collaboration effort was between Promise Neighborhood and the Jackson County 4-H and Youth Development Program. Over the past four decades, budget pressure and an increasing focus on reading and math have crowded the arts out of many schools. According to the National Endowment for the Arts; students who have art-rich experience in school do better across-the-board academically and they become more active and engaged citizens, voting, volunteering and generally participating at higher rates than their peers.

The Jackson County 4-H Drama Teen Program made possible through a grant from the Promise Neighborhood Program provided cultural day trips to various museums, concerts, theaters and restaurants to teens age 13-18 years of age throughout the 2012-2013 school year. Manners and etiquette lessons were provided. The students’ parents commented on how their children’s self-esteem had increased and that they seemed more comfortable in various situations.

**“If the Extension Service did not already exist we would have to invent it”**

- Recent quote from a community leader during the Jackson County Fair

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**Drama Teens take a trip to the Amish Country in Indiana**

**Drama Teens take a trip to see “West Side Story” at the Lexington Opera House.**