

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.



From left to right: Judy Hisel-Rose, Staff Assistant; Clare Kincaid, FCS Agent; Jeff Henderson, ANR Agent; Patsy Smith, SNAP-ED Assistant; Cathy Howell, SNAP-ED Assistant; Verlene Congleton, 4-H Agent; and Tamera Hall, Staff Assistant

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

- 210 youth indicated increased leadership skills, knowledge or confidence through participating in Extension related leadership programs.
- 100% of Get Moving participants made at least one healthy lifestyle choice.
- There were 96 graduates of the “Canning 101” Program including 48 youth and 48 adults.
- 93 local producers and gardeners ordered plants and received educational material through the Extension plant program
- 35 local producers received rootstock and 26 attended the Fruit Tree grafting workshop.
- 51 local beef producers currently have beef quality assurance due to trainings by Extension.

Read about it in this report.

Priority Program Efforts

- A total of **48** people are now involved in addressing significant community issues
- **106** local residents implemented practices that promote sustainable agriculture
- **28** 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
- **660** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **523** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **2,021** gained knowledge about eating healthy foods.
- A total of **342** youth and adults demonstrated informed and effective decision-making skills

Agriculture and Natural Resources

Jeff Henderson, ANR Agent

Ag Extension Educational Programs and activities the ANR agent assisted with or conducted for the past year:

- 147 producers qualified for the \$338,000 cost-share reimbursement program that was is currently being carried out.
- Worked with the Jackson County Cattlemen's Association to carry out educational programs and field days and secure equipment for use by all producers.
- Two producers are currently participating in the Eastern KY Beef IRM Project.
- Dark Honey Producers had an educational meeting each month from February until October. Extension Hosted the Dark Honey producers field day in April.
- The Jackson County Farmers Market was managed by Extension and continues to have one of the highest redemption rates in the state for WIC and Senior vouchers. Four new growers were a part of the market this year which was open 5 days a week during growing season.



Jackson County Farmers' Market 2015

- 93 local producers and gardeners ordered plants and received educational material through the Extension plant program
- 51 local beef producers currently have beef quality assurance due to trainings by Extension.
- 35 local producers received rootstock and 26 attended the Fruit Tree grafting workshop.
- 11 tobacco producers received Good Agricultural Practices (GAP) training.
- 4 Farmers' Market vendors received Good Agricultural Practices (GAP) training.

- Jackson County Regional Food Center and 3AJC
- Jackson County Development Association
- Jackson County/McKee Industrial Authority
- Jackson County Kiwanis Club

Jackson County Cattlemen's Association Wins State Awards

The Jackson County Cattlemen's Association was awarded two statewide prizes by the Kentucky Cattlemen Association. The JCCA won \$500 for being the Association with the largest numerical member increase in 2015 in Division 2 and \$500 for having the largest membership percentage increase in Division 2 in the state. The JCCA completed the year with 114 total members. The JCCA won the KCA Blue Jacket Award for being in the top 10 counties in the state in recruiting the most members and President Josh Lakes won the County President Red Jacket Award for being the president in a county that had a 10 or more membership gain during the year.

Family and Consumer Sciences

Clare Kincaid, FCS Agent

Get Moving Challenge



"Get Moving Challenge" participants

According to the Jackson County Health Indicators, 36.7 percent of adults reported they were physically inactive and 33.4 percent are obese leading to overall poor health. Due to this lack of inactivity the Jackson County Extension Service sponsored a six week walking challenge along with local sponsors

including the McKee Medical Clinic, White House Clinic and Jackson Energy to encourage local residents to increase physical activity along with making healthier lifestyle choices. Within the six week challenge participants were given bonus miles for attending courses including Nourish Your Bones and Joints, Think Your Drink, Portion Distortion and Fast Food Facts, plus weight loss and increased water consumption. Eighteen participants completed the walking challenge. Of those surveyed, 67% met their personal goals set at the beginning of the challenge, 100% were more aware of how much they were moving daily, 100% feel better about themselves after participating in this program, and 100% have made at least one healthy lifestyle change because of this program.

“Due to the increase of walking during the Get Moving Program I have lowered my A1C level and decreased the amount of insulin I have to take.”

-Deanna, Get Moving Participant

Homemaker Leadership



Homemaker's teach 4-H sewing class

There is a need to increase the Jackson County Cooperative Extension Family Consumer Science visibility and outreach of our programming within our community. The Jackson County Extension Service has limited funds as we are in the lowest tax base of the entire state. In 2015, Jackson County had 84 active homemakers and of these homemakers several hold voluntary leadership positions with Cooperative Extension. These positions include; KEHA 4-H Youth Development Chairman, the Jackson County District Board, plus

FCS, Homemaker, and 4-H Advisory Boards. The homemakers are also reaching out into the community teaching courses to both seniors and youth in all program areas including sewing, crafts, agricultural, youth development, nutrition and wellness. Due to the increase involvement from our homemakers, the entire Jackson County Cooperative Extension Service and most importantly our community is benefiting because we are able to reach more people, ensure our programs are relevant, and most importantly clarify the value of Extension to Jackson County citizens.

Empowering Community Leaders

One of the local Homemaker members has recently took on more of a leadership role and has taught several craft classes to people from here in the community. She is now the Family and Development Area Chairperson and also has begun a new Homemaker Club. This new club held their organizational meeting with several in attendance and beginning January, 2016 will meet on a monthly basis at the Extension Service.

4-H and Youth Development

Verlene Congleton, 4-H Agent

4-H grows confident kids with life skills to thrive in today's world and succeed in their boldest dreams tomorrow.

Jackson County Fair

It seems that County Fairs are becoming a thing of the past—more and more communities are no longer hosting county fair activities. However, that is not the case in Jackson County. The Jackson County Extension Service in collaboration with the Jackson County Fair Board hosted the Jackson County Fair during the last week of August and first part of September in 2015, as we have done for the past 30 years. Throughout the years the 4-H exhibits have continuously increased, however this past year there was a dramatic increase of over 50% with over 544 4-H entries entered. Letters were sent home with youth, public service

announcements were made on the radio, as well as newspaper articles in the local papers to promote our 4-H Fair activities. The 4-H exhibits were on display throughout the week for people in the community to come and view. As people throughout the community came into view the exhibits they were truly amazed at all the talented, artistic youth we have in Jackson County and loved to see their talents on display.

of the cost for youth in Jackson County to attend 4-H Camp because of the success of the community collaboration for this event.



4-H Silent Auction: Community Members Help Send Youth to 4-H Camp

Three years ago, after many attempts at trying to fundraise for our Jackson County 4-H Camp, our local Jackson County 4-H Council members suggested doing a 4-H Silent Auction. We had vacation packages, tickets to amusement parks and various items to auction off. By the third year our local Jackson Energy Electric Company let us hold our 4-H Silent Auction during their annual meeting with close to 500 people in attendance. Various businesses donated vacation resort stays, Nascar tickets, bus tours and even gas cards for family vacations. A total of over \$1,000.00 was raised in 4 hours. One lady thanked us for having this auction by stating, “this way I am able to take my grandchildren somewhere for the summer, and I look forward to seeing you here next year as well”! Our Jackson County 4-H Council is able to pay half

COOPERATIVE
EXTENSION
SERVICE



**The Jackson County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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