

# EXTENDING KNOWLEDGE *Changing Lives*

## IN KNOTT COUNTY

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



*Female Crosscut Saw Competition (L to R) Sara Thomas and Sarah Webb*

### **4H & FFA Forestry Club**

Forestry is a major industry in the county with 84.7% of the land being forested. Since the decline in mining, logging has increased slowly. According to the latest CEDIK report Forestry, Agriculture, Fishing and Hunting are the emerging industries in Knott County. Presently, the citizens of the county have become more aware of the importance of, and possible financial gain from, their forested lands. However, education is needed to help improve the forest's quality and improve citizen's forest management knowledge.

The KCC 4H&FFA Club has studied Forestry and the related careers in the industry. They applied their new found knowledge and skills at the East KY Wood Expo competition in London KY. The students took part in many areas; tree measurement and ID, Forestry and Wood working tool ID, wildlife ID, chainsaw mechanical troubleshooting, crosscut saw, and team chainsaw event.

The team from Knott County consisted of 10 students from the KCC 4H & FFA Club. These students did an awesome job, especially for our first year. This is the club's second year participating in the Win with Wood competition. We had 10 senior participants in the Win With Wood competition out of a total of 28 students who received the forestry lessons through the club. These lessons have increased the awareness of our youth to this industry that surrounds us in eastern Kentucky.

## Priority Program Efforts

- A total of 316 people are now involved in addressing significant community issues
- 124 local residents implemented practices that promote sustainable agriculture
- 12 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 101 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1346 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1677 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 949 youth and adults demonstrated informed and effective decision-making skills



### **East KY Heifer Development Program**

The East Kentucky Heifer Development Program, which began over fifteen years ago, is still very vital to improving beef cattle genetics, educating producers, and making a great financial impact to the Eastern Kentucky Region. The program began with the some local ideas from UK Cooperative Extension Service working with a ranch in Perry County which utilizes reclaimed mine land pasture for beef production. Once the program was established and the need for this was seen across the region, the East Kentucky Heifer Development Committee was established and made up of consignors from various cattleman associations throughout the region. Since the establishment of this project in 1998, over 5000 replacement heifers have been develop through this program.

The financial impact directly by the program has returned more than 1 Million Dollars to east Kentucky beef cattle producers. There have been more than 250 different consignors participating in the program, representing 18 eastern Kentucky Counties and four states besides Kentucky. With the continued improvements in the program, the 2014 the annual heifer sale was another record-breaking year. The 2014 East KY Bred Heifer sale had a sale average of \$2,553.00 with the top selling heifer bringing \$3,100.00, which broke the previous sale average of over \$1,000.00.

Today, the local county extension services and UK extension service specialist play a vital role in assisting at the ranch, promoting the program, and working with consignors and committee members in their local counties.

### **Get Moving Emmalena**

The Winter 2014, Kentucky County Healthcare Profiles, provided by Community and Economic Development Initiative of Kentucky report that 34.1 percent of adults are obese in Knott county. Physical activity and healthy eating are keys to preventing and treating obesity. The Family and Consumer Science Agent was asked to provide a physical activity and healthy eating program to staff at a school. During a seven week period, the agent met with participating staff and provided information on healthy eating habits, using My Plate, the importance of exercise, what health numbers mean, how to eat out and other health related topics. Twenty staff members participated in the program. During the 7 week program there was a total of 10 percent of weight loss.

Participants reported that the key was to eat more fruits and vegetables, practicing portion control and to get moving. The most rewarding experience was the cook that took the challenge seriously, lost 7.8 percent and did it by eating healthy and walking, she plans to continue to get healthy.

### **Fruit Tree Workshop**

Many folks in Appalachia have enjoyed growing fruit trees around their homes for decades. Although times have changed, many would still like to receive the pleasure of growing and enjoying fresh fruit picked in their own backyard. Although they enjoy raising fruit, the majority still needs basic information and knowledge to be successful with fruit production. Each year, many calls are answered from the agent about fruit tree production. The last few years the agent has offered a Fruit Tree Production Workshop. Information is shared through the UK College of Agriculture about disease and insect control; which includes sprays, and a spray schedule for growing quality fruit at home. The agent also teaches an apple tree-grafting workshop which allows many clients the chance to produce heirloom varieties they love. As an added bonus, disease resistant apple tree varieties recommended by the university, are given away to help folks expand their orchard with new cultivars. This workshop is a partnership with Knott County Soil Conservation. This spring's attendance was the largest yet with a total of 41 attendees. Over a third were 1st time extension clients; and as a result, many of them have now began using our services on a regular basis. Programs such as this reach many others by word of mouth from attendees; this allows for more clients to be aware of, and appreciate all of our services.

## **Embracing Life as You Age**

The Keys to Embracing Aging reinforces the strong association between healthy lifestyles and prevention and additional years of life. By cutting out the cost of unhealthy habits such as a \$10.00 a day smoking or junk food habit, can save each individual \$3,650.00 per year. The Centers for Disease Control and Prevention estimate that a 10 percent weight loss could reduce an over-weights person's lifetime medical costs by \$2,200 to \$5,300. Healthy lifestyle choices, such as proper diet and exercise, increase the odds of living a long and healthy life.

Keys to Embracing Aging was presented to forty six participants. On average, participants were 62 years old. As a result of the program, 99 percent of the participants reported a better understanding of how current lifestyle behaviors affect future health and well-being. Specifically, 60 percent of participants reported aspirations to better embrace a positive attitude. 28 percent of participants reported the need to be healthier eaters and 53 percent declared the need to stay on top of their health numbers. 67 percent of participants plan to increase physical activity, 58 percent mental activity and 49 percent social activity. 67 percent of participants recognize the need to practice safety and 41 percent intend to tune-in to the times. 60 percent of participants anticipate practicing stress management, 46 percent getting financial affairs in order, 50 percent getting more quality sleep and 63 percent taking a timeout for themselves. 99 percent of participants better understand how lifestyle behaviors and choices are integrated. For example, financial problems can affect health status and vice versa. Financial distress may result in the inability to eat well, seek routine check-ups or plan for retirement. Delayed or inadequate treatment creates a greater risk for stress, illness, problems with sleeping and ultimately higher health costs.

Participants reported that organizations such as Kentucky Extension Homemakers are one of the reasons they are able to embrace life as they age, the many educational programs and activities provided by extension give them opportunities to stay active and involved.



## **First Year Poultry Judging Team**

Poultry Judging, is a statewide contest where youth learn to grade table eggs on interior and exterior qualities, grade RTC poultry in 3 weight classes, judge the most capable laying hen, and give oral reasons to justify their decisions. This competition gives youth the opportunity to hone their decision-making skills through a realistic situation and defend their reasoning orally. This development of decision-making skills and communication abilities are ones these youth will utilize throughout their lifetime. We worked throughout the summer meeting frequently to learn these new skills.

The youth also attended the district trainings led by our UK Specialists, Dr. Tony Pescatore and Dr. Jacquie Jacobs, who did an amazing job conveying so much information to youth.

Knott County youth did an outstanding job, bringing home red ribbons from the 2014 KY State Fair, their first year of competition!



## 4H Cloverbuds:

### Where Does Our Food Come From?

The County Health Rankings.org report stated that in 2015 Knott County ranked 114 out of 120 counties. They reported that 21% of the county, have poor health, 4.8% have poor physical health and 4.3% have poor mental health. They report that 32% of the population is obese. Over 65% of all students in the Knott County public school system receive free or reduced meals.

There are numerous obstacles to overcome these health issues but one focus is on where healthy tasty food comes from and how to raise your own at a lower cost than what you can buy it. In order to address these issues, the 4H agent delivered a program at Hindman Elementary, discussed where various foods that we see on the supermarket shelves come from. Then the students learned very basic preservation skills through jam making and basic gardening skills by planting their very own tomatoes.

¾ of the students said this was their first time planting a plant. 150 students out of the 180 had never made jam before. All the students participated in learning where the various foods came from. There has been a great deal of positive feedback from the community and the teachers present that day.

Parents and grandparents have reported that their children have now taken an interest in gardening and some of these families are raising their own tomatoes for the very first time.

### **The Knott County Cooperative Extension Service**

*Extending Knowledge, Changing Lives*

For more information, contact us at:

149 Parks Branch Rd

Hindman KY 41822

(606) 785-5329

Fax: (606) 785-0942

[www.ca.uky.edu](http://www.ca.uky.edu)

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## Money Matters for the Holidays...

According to data from the US Census in 2013 28.3 percent of Knott County residents lived in poverty. Approximately 35% of school age children lived in poverty in 2013.

In November, Family & Consumer Science Agents traveled to 7 counties in District 2 to present “Money Matters During the Holidays.” Of the 212 people who attended, 152 completed a short Qualtrics survey designed to discover how the attendees learned about the session as well as what they did with the information gained. 84% had attended Extension programs before, and of those, 80% had attended a Holiday Money Matters Idea Showcase in prior years. 47% had attended 5 or more years. The Extension Service Newsletter was the primary point of contact, with 73% of participants reporting that they had seen the program advertisement there, and 28% had heard about it from friends and family.

While the primary reason for attending was personal enjoyment (87%), 44% reported that they had saved money by using the information themselves, and 21% reported they had generated income for themselves or others by using the ideas. In addition, many participants reported that they had shared the information with others. 71% shared with close friends and family, and 38% used the information to teach a formal or informal class with others. Those attending the program in Knott County report that programs offered by the county Family and Consumer science agent are educational and life changing. The information from this particular programs helps them stretch their “holiday” dollars. Several use ideas presented to offer quality homemade products at a reasonable price allowing consumers to purchase gifts and to increase their family income.

*“My grandson was so proud of his tomato plant. We replanted it and from that one plant gathered almost 70 tomatoes.”*

*-Dr. Sid Pratt, DMD*