

EXTENDING KNOWLEDGE *Changing Lives*

IN OWSLEY COUNTY

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



4-H Dollars & Sense program participants

DOLLARS AND SENSE

According to www.census.gov 42% of Owsley Countians live below the poverty level and the median household income has fallen well below the national average to \$19,986. These statistics may be alarming, but they don't describe the sad financial lifestyle and outlook of Owsley County families, and particularly, children. Teaching our children financial literacy is very important at this time. The Owsley County 4-H Council identified this as a need in our community. As a result the 4-H Dollars and Sense program was implemented in our school system this year, along with all fifth graders completing 6 hours of the Consumer Savvy curriculum. The curriculum taught youth about money management, the difference between needs and wants, ways to be a wise consumer and check writing and balancing. The culminating event was the Dollars and Sense program. Youth was given an allowance where they made purchasing decisions and visited booths such as clothing, pets, toy store, fast food and many more. One-hundred forty two youth participated in the program. Prior to the program youth had an unrealistic idea of managing money and thinking about the cost of an item before purchasing it. Post evaluation results show that 91% of youth were more informed when it comes to managing money.

Priority Program Efforts

- A total of **2,008** people are now involved in addressing significant community issues
- **202** youth made an impact in their community through service projects
- **325** local residents implemented practices that promote sustainable agriculture
- **320** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **398** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **483** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **883** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **2,942** youth and adults demonstrated informed and effective decision-making skills
- **250** individuals incorporated new or additional conservation practices.

MONEY HABITUDES

Current economic conditions and the high incidence of low economic levels for individuals and families both in Owsley County and surrounding counties coupled with the fact that most Americans lack in financial planning skills which in turn lowers their potential for long term financial security, these factors highlight the need to improve financial education to our community members. To address this need, the Owsley County Cooperative Extension Service offered 14 lessons to local and area Extension Homemaker Clubs and other community groups reaching 109 individuals. The Money Habitudes curriculum helps to identify specific behavioral patterns related to money. The activities help individuals communicate more effectively about money, build self-esteem and assertiveness in handling money and can help individuals implement money management practices into their lifestyles. Based on a 3 month post survey of participants: *100% identified financial management strategies for their family, farming operation or business. *100% increased their confidence in money issues or specific financial matters. *90% set at least one specific savings or wealth-related goal for their family, farming operation or business because of this program. *78% reported that they implemented a plan to decrease their expenses or manage wealth because of this program. *78% reported the implementation of at least one financial management strategy. In addition to those survey results, 14 participants had increased their savings by participating in the 52 Week Money Challenge that was presented at the lessons as a savings option. They have saved \$3,661 thus far for emergencies, holiday shopping, income taxes, etc. The 2015 County Health Rankings & Roadmaps for Kentucky had Owsley County ranked 120 out of 120 counties for health outcomes. For health behaviors including physical inactivity and obesity, Owsley County ranked 110 out of 120 counties. With these statistics in mind, the Owsley County Family & Consumer Sciences Advisory Council continues to see the need for health & nutrition education as a high priority for our community members.

WEIGHT THE REALITY SERIES

The Owsley County Cooperative Extension Service provided an 11-week Summer Weight Loss Series utilizing the Weight the Reality Series curriculum. The curriculum teaches behavior change including portion control, healthy choices, reading food labels, adapting recipes and making physical activity part of your daily routine. Sixty percent of the participants completed the 11 week series. At the conclusion of the program: *A total of 18.59% of body weight was lost by participants. *100% of participants had learned five or more new ways to reduce their calories or food intake. *100% of participants had learned three or more new ways to increase their physical activity. *80% of participants had changed their behavior and made physical activity a part of their daily routines. *One participant lost a total of six inches from around her waist. According to a two month follow up "Is it still working" survey: *100% of respondents reported continual monitoring of body weight. *60% reported continual weight loss following the conclusion of the series. *60% reported participating in physical activity efforts daily. Then, as a continuation of our efforts, we offered an 11-week Winter Weight Loss series. As a result of our year-long efforts, three participants maintained a 90% attendance rate for the workshops: *42 lbs. of weight loss which was 5.31% of their total weight. *Participants also went down 2 dress sizes each. *100% of participants reported that they feel better overall and have more energy.



Extension participants Melinda McIntosh & Matthew Nuttle

BEEF CATTLE PRODUCERS

With a big decline in Tobacco Production in Owsley County and the loss of farm income it became necessary for the farmers to diversify their operations in ways that they had not thought of in the past. One of those ways was to introduce livestock and particularly cattle into their operations or to increase the size of their existing herds. With the leadership of a couple of cattle producers it was decided that in order to assist new producers as well as provide education for current producers a local cattlemen group was needed. This agent with the help of two leaders initiated the forming of the Owsley County Livestock Producers Group. In its second year the group meets in the Fall and the Spring and has averaged 29 members per meeting and represent over 1600 head of cattle among the members. We have covered topics such as The Economic Outlook for Beef Cattle, Quality Forages, Proper Nutrition and Weed Control as well as hosted a Master Marketer Program. This was all planned by the leadership. 100% of the participants have indicated that they have learned at least one thing that they have implemented into their operations and are making changes in the quality of their forages that can be measured at the end of this season.



Owsley County Beef Cattle Producers

TOBACCO SETTLEMENT FUND PROGRAM

In 2000 The Kentucky Legislature passed HB 611, this is known as the Phase 1 Tobacco Settlement Program. With the passing of this bill,

the responsibility of organizing and facilitating the process was given to the Cooperative Extension Service. The Owsley County Cooperative Extension Service has worked to put together the Owsley County Agriculture Development Council consisting of what is now nine people. Since this council was formed, many things have been accomplished. Many meetings have been conducted and numerous educational programs have been provided by this office. Since the beginning the Owsley County Agriculture Development Council has worked together with other organizations to administer 10 different programs that are as follows: Agriculture Diversification, Large Animal, Farm Infrastructure, Fencing and Water as well as Forage and Grain Improvement Programs at a \$5,000 per producer limit per year with a cost share of 75/25%. Priority 2 programs in place at a \$3,000 per producer limit are: Small Animals, On-Farm Energy, Poultry and other Fowl, Technology and leadership Development and Value Added and Marketing with the same cost share opportunities. This totals more than Four million dollars to assist the citizens of Owsley County as well as funding for a couple of Multi-county programs. The Owsley County Cooperative Extension Service has conducted the educational programs required to assist clientele in the process of applying and receiving those funds and assisting in implementing the programs in their operations. The process has gone very well and has played a significant role in improving agriculture in Owsley County and across the state.

EFNEP

Each year the Owsley County Extension Office offers nutrition and health lessons to the 7th, 8th and 9th graders of Owsley County Middle and High School. Several years ago our school stopped the Home Economics class, it was during this class when I was in school that I learned how to follow recipes, become familiar with a cooking stove and gain a little sewing knowledge. These are a few things that I have found helpful throughout life. When I was asked to help with the 9th graders I thought about Super Star Chef, this was my chance to possibly have a positive influence on someone's life. On my first visit I gave them the pre-test and talked about how comfortable they were in the kitchen, and what I had planned for the next several weeks. I explained how they would have a hands on activity in each class. Over the next

several weeks we covered keeping a clean kitchen, how to use a knife, measuring, following recipes, and we had a recipe that everyone had to follow and measure ingredients. During each visit I would cover how comfortable they were becoming in the kitchen. I was surprised in their interest and proud of the fact that 100% of the 9th grade class showed improvement in at least one area of Super Star Chef. Lessons for life.

SUMMER READING PROGRAM

The Owsley County Extension Service participated in the summer reading program sponsored by the Owsley County Public Library. Participants ranged in age from 3-15 years old. During the program, participants were given healthy food choices in order to prepare their own snacks. They also learned about portion sizes as well as the benefits of healthy eating. Parents and grandparents who attended the program were very pleased with the changes in eating habits of their children and grandchildren. One participant stated that she didn't like yogurt but when we told her that our yogurt parfait actually contained yogurt she was very surprised. She went on to say that she would probably eat yogurt in the future. After the program 90% of youths stated that they had eaten healthier food during the summer. 84% of those participants stated that they had tried a new food as well. 75% of the participants said that they had gained a better understanding of the importance of a healthier diet after the program.



Assistants Sherry Becknell & Tracey Turner team up with Nutrition lessons for the Summer Reading Program.

"Today I learned my granny has a hard time spending money like I did today."

- Owsley Co. 4-H'er

4-H GARDEN PROJECT

In an effort to promote gardening, growing and preserving your own fruit and/or vegetables, it is vital to the future of our youth and their families that they know where to start when it comes to growing their own food. Owsley County 4-H partnered with Owsley County FFA to provide a 4-H Garden project to youth. There was twelve youth that participated in the project. Participating youth received the plants and seeds needed for their garden. For the project they had to grow at least 5 different types of fruits/vegetables in the garden, complete the 4-H Garden Project Book and either sell their produce at the local Farmers Market, enter their produce in the County or State Fair or donate their produce to a local food bank. As a result of the 4-H Garden Project, participating youth learned about preparing the soil, choosing and planting seed, sowing the seed and how to care for their garden. Parent comments indicated that youth was more likely to try the fruit/vegetable because they had grown it and all youth entered their produce in the County Fair.

Tomatoes grown by 4-H Garden Project participants James & Wesley Cope



COOPERATIVE
EXTENSION
SERVICE



**The Owsley County
Cooperative
Extension Service**

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