

EXTENDING KNOWLEDGE *Changing Lives*

IN WARREN COUNTY

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



The Warren County Cooperative Extension Service continues its mission to bring research-based information from land grant institutions to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension was able to reach over 79,000 citizens of Warren County through programs, workshops, and demonstrations. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development, horticulture and community and economic development.

Extending Knowledge through Agri-Tourism



The Cooperative Extension Service works with agri-tourism businesses in the areas of marketing, education, business and event planning. Warren County has experienced a 400% increase in agritourism operations since 2010. Cason's Cove is one of Warren County's newer agri-tourism venues who has benefitted from extension's outreach.

"The Cooperative Extension Service has been so supportive in our agritourism venture, we are so thankful for their expertise and support."

Gabrielle Bush, owner Cason's Cove.

Priority Program Efforts

- A total of **459** people are now involved in addressing significant community issues
- **166** youth made an impact in their community through service projects
- **166** local residents implemented practices that promote sustainable agriculture
- **83** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **83** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **658** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **77** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **3,427** youth and adults demonstrated informed and effective decision-making skills
- **64** individuals incorporated new or additional conservation practices.

Extending Knowledge in Life Skills



“I love how 4-H helped me gain communication skills, put those skills into practice by conducting club meetings and competing in communication contests and then finally using those skills in my job. I feel very comfortable talking to customers and interacting in store meetings.”

Morgan Askins

The KY 4-H Achievement Program, a series of achievement levels that recognize teens for their outstanding activity and involvement in 4-H activities, citizenship, communication/marketing, leadership, and community service on the state level. Morgan Askins received the Emerald 4-H Achievement in June 2015.

Changing Lives through Healthy Habits

Weighing Down is a new six week program teaching healthy habits and physical activity. Participants adopted new lifestyles that included 208 pounds lost, 9,173 minutes of increased physical activity, and 100% of class participants agreed to continue with their new healthy lifestyle.

Betty, one of the class participants said that her ankles, knees, and back have hurt and been irritated for years. This caused Betty to limit her exercise due to the pain she suffered. Over the series of this program and her weight loss of 26 pounds, her ankles and knees no longer hurt. She plans to increase her physical activity because of the decrease in pain.

Betty participating in the Bowling Green Gauntlet Mud Run at Phil Moore Park.



Changing Lives through Jr. Master Gardener

The practice of gardening is considered by many to be a source of therapy. Upon the completion of the Master Gardener program two graduates saw a need for a local horticulture therapy program for special need adults. Top Crops provides special need adults the opportunity to plant and grow their own vegetables not only for their own consumption but also to sell at local farmer’s markets. The Cooperative Extension Service provided the Junior Master Gardener Program for any special needs adult interested in gardening. Eleven students completed the program successfully. After the completion of the course all participants and guardians indicated an increase in overall knowledge of horticulture.



One guardian expressed her delight in “how much her child enjoyed the program and had absorbed everything she was taught in the class and was eager to share her new found knowledge with anyone who would listen”.

COOPERATIVE
EXTENSION
SERVICE



**The Warren County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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