

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN BALLARD COUNTY

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



### Extension Homemakers Take the Lead in Providing Shoes for Children of Uganda

Ballard County Extension Homemakers were recognized at the KEHA state meeting for their International Community Service project -- "Sole Hope". Their service helped to provide shoes to 100 children in Uganda, to help to prevent jigger infestation and the pain that comes with it. Eight members of one of the Homemaker clubs hosted a Sole Hope party at the Extension Office to provide awareness and a service to the organization. After drawing and cutting out a hundred shoe patterns, participants enjoyed a lunch of popular Ugandan food and drink. The meal was followed by a presentation on the family life, and culture of Uganda by the FCS agent. In addition to providing shoes to individuals, the Sole Hope organization also trains local men and women of Uganda, to sew the pattern pieces together to make shoes, providing them with a useful trade to earn income. Leaders were recognized at the State KEHA Annual Meeting and received first place in the International Contest in the Individual Leader, Club, and County categories.

### Priority Program Efforts

- A total of **74** people are now involved in addressing significant community issues
- **159** youth made an impact in their community through service projects
- Ten **10** local residents implemented practices that promote sustainable agriculture
- A total of **198** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **161** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **268** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **184** youth and adults demonstrated informed and effective decision-making skills
- **4** individuals incorporated new or additional conservation practices.
- A total of **111** people increased their knowledge of the governmental process

## Leaping to Good Health in Ballard County

Ballard County Elementary School and Cooperative Extension Service, together, are combating the statistics of high rates of childhood and adult obesity, a known risk factor for diabetes and heart disease. For the past four years, Ballard County second grade teachers have partnered with Cooperative Extension, Extension Homemakers for the past five years, to target second graders for Nutrition and Physical Activity education.

This year 105 students and their teachers have been participating in a Nutrition Education and Physical activity promotional program, presented by the Family and Consumer Science agent, once a month since September. The goal is to encourage students to make healthier food choices, to choose a more active, healthy lifestyle, and also to educate parents on the importance of providing healthy food choices for their children and to be physically active as a family.

Students are learning how important hand washing is to the prevention of sickness by colds and flu, about the nutrients they get from eating a variety of foods, what the benefits are to their health and what types of activities they can do to increase their heart rates and burn excess calories. Curricula used in teaching included: Literacy, Eating and Activity for Primary Health, "LEAP", and My Plate. Each monthly session the students were provided with healthy snacks and handouts to take home to their parents, to encourage them to reinforce what their children had learned. Ninety-five percent of the children demonstrated a willingness to be more active -- jumping up and down, moving about and "dancing" to music.

## The Sustainable Use of Ag Development Funds for Hay Storage Structures

In cattle production, lowering feed costs is one of the cornerstones in profitability. The Ballard County Extension Service, in conjunction with the Ballard County Ag Development Board, has been able to give some real long term help to beef farmers in Ballard County.

Large round bales of hay that are the bulk of the cattle feed for winter feeding were historically stored outside resulting in huge losses from weathering and spoilage. One of the programs that Ballard County farmers have been able to take advantage of with the Ag Development funds has been a cost share program to build hay storage

barns. From the program's inception in the early 2000's, to date 49 hay storage building have been built in Ballard County. The cost share portion of funding these structures has been \$245,000.



Over the past 15 years, 40,000 round bales of hay have been moved inside and the storage loss has been reduced to near zero. With today's hay market the value of that hay stored inside is over \$2,400,000. The savings in hay losses is almost \$20 a bale at \$19.98. To date, Ballard County Farmers have been able to save \$799,200 from hay storage losses resulting in a more profitable feed situation to enhance their beef cattle production. This has definitely been a win/win in the sustainable use of tobacco development funds.

## New Herbicide Resistance Weeds Discovered in Ballard County

After hearing reports from local Ag retailers that the prescribed treatments for Round Up Resistant Palmer Amaranth and Tall Waterhemp did not appear to be working in several fields in our county, Ballard County ANR Agent contacted Dr. Jim Martin, UK Extension weeds specialist. Dr. Martin came for a field visit and leaf samples were collected. These samples were submitted to a lab at the University of Illinois where it was confirmed that samples from both weeds were also resistant to the PPO mode of chemistry. Dr. Martin made another field visit to collect seeds from these plants, as this is the first recorded occurrence of this type of herbicide resistance in Kentucky. Research with test plots and new treatment protocols will have to be developed for producers in west Kentucky as this new type of herbicide resistance will spread relatively quickly in the next few years. Failure to be able to control these weeds will lead to enormous losses to soybean growers in Kentucky and surrounding areas.

## Leadership Ballard

Ballard County, like many other small counties, is in need of more community leadership. The Ballard County Chamber of Commerce in partnership with the Ballard County Extension Service and a committee of Chamber members, including the 4H Youth Development agent, developed an Adult Leadership Ballard Program. Our goal was to help young to middle aged adults develop more leadership skills, be aware of community and business opportunities, and further develop their personal and business networks. A six-month program was developed that included a day in each of our incorporated cities visiting elected officials and businesses. We also included sessions on SWOT, PADD office update, diversity, intergenerational communication and economic development updates.

One day included a four course lunch with a manners and etiquette lesson and customer service skits. Two days were committed to a trip to Frankfort to visit state leadership, attend committee meetings and learn more about our state government process. The final event will be their graduation at the Annual Chamber of Commerce Dinner.



Our first class included courthouse employees (including a former 6th grade leadership participant), a public relations person with a broadcasting network, a nursing home administrator, and an employee with Workforce Development Cabinet Department of Employment Services. Participants reported learning something new each day. They especially gained insight for their work situations through the intergenerational communications lesson. They thoroughly enjoyed and learned from the Frankfort trip and the tours, committee meetings, meeting with Senator and learning more about how our government works.

This inaugural group is talking about starting an alumni Leadership Ballard Group so they can stay in touch. As their "project" they assisted in the planning and marketing of a county wide Water Fowl Festival held in the fall.

## Truth and Consequences

Ballard County faces serious substance abuse issues as do most other counties. We are a rural county and have had methamphetamine issues and now face heroin issues. Ballard County Extension 4-H led the effort for Ballard County eighth graders to participate in Truth and Consequences.

As with most Truth and Consequences, the students had a scenario in the gym with health care, law enforcement, judicial system, coroner and more. We had debriefing following the scenarios; a speaker who was a recovering addict from a home for substance abuse recovery; and a video. Some of our students were near tears as they went through the process. Many of them had family members, older friends or acquaintances that had gone through substance abuse issues. One hundred percent of parents of students reported that the event provided appropriate information, felt appropriate topics were addressed but suggested even tougher situations such as sexual harassment, rape and more; 90% said they got new information, 100% reported getting useful resources and 100% reported that they would share the information gained with family and friends and planned to talk with their son or daughter more about substance abuse choices.

We had the cooperation of a committee of twelve individuals and community partners to plan this impactful event. Similar to the Reality Store, the youth drew a situation and a parent, grandparent or "volunteer parent" went through the basic process with the student that they would encounter in real life. We had over 75% family participation. This is higher than any other school that our health professionals had seen at other schools. We also had great community volunteer participation for students whose parent couldn't attend. Administration and faculty said they felt it was impactful on students and their family that attended. One hundred percent of our Community volunteers felt it was worthwhile and want to volunteer again. We plan to hold our next event in December 2016.

## Nutrition Education

Ballard County is plagued with high diabetes rates, high adult and childhood obesity rates and many other nutrition related disorders. The Ballard County Cooperative Extension Service teamed with the Ballard County Elementary school to target second graders for a Nutrition Week SNAP-ED program to help them make healthier choices on a limited budget and choose a more active lifestyle consistent with the current Dietary Guidelines for Americans and the My Pyramid.gov.

One hundred five (105) second grade students participated in 4 days of training on the story of food from the farmer's field to the plate



on their dinner table at home and the effect on their health from eating a variety of these foods. The Ballard Extension Agent for Family and Consumer Sciences along with the agent for 4-H Youth Development and the Ag and Natural Resource agent, all presented lessons with the help of Extension Homemakers and high school student volunteers on topics from "Farm to Table", Literacy and Eating for Primary Health, Jump Into Food and Fitness and Plate It Up curricula. All topics and activities were planned with the Kentucky Department of Education program of studies. Each day the students were provided with healthy snacks and handouts to take home for their parents. Ninety percent said they planned to ask their parents to provide more fruits and vegetables in their meal planning. Twenty percent of students said they had already started eating more fruits and vegetables since the class began. This has been an ongoing program that meets the needs of youth in terms of health as well as helps the school teach their curriculum.

Ballard County Schools hover at the 55% level of low income families that receive assistance for food. This agent utilizes the SNAP-ED Program through a 21st Century after school setting because the need is strong and the participants all enjoy the accomplishment of making food and then eating it. They learn inexpensive and healthy ways to entertain family and friends for special

events. We focus on a variety of foods and use the SNAP-ED and Kentucky Proud Recipes when possible.

We expanded to the elementary school this year as well. We had lessons throughout the year with a major focus during March, National Nutrition Month. Again this year during March, many of our planned lessons didn't occur due to weather issues. Our middle/high school after school lessons focused on healthy after school snacks, entertaining on a budget and with healthy options. We used fresh foods as often as possible. Our elementary after school programs consisted of a physical activity, nutrition lesson and healthy snack, then closed with more physical activity. Lessons included Plant or Animal, food groups, serving sizes and making healthy choices. Snacks included a "food group" kabob, parfait with fresh fruit, plain yogurt and granola, trail mix and apple juice and more. We also did youth Yoga, Simon Says physical activity, jump rope and more. It is rewarding to see the faces on students as they accomplish a kitchen task and then even more rewarding when they try a healthy snack and they enjoy it. They are also ready for physical activity after being in school all day.

We were able to share several of our SNAP-ED materials with these groups including measuring tools, cutting boards, water bottles, and more. We also used Kentucky Proud recipes. Our UK Cooperative Extension goal is to offer a comprehensive nutrition education program to meet the needs of our school curriculum and our nutrition education programs.



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Ballard County

*Extending Knowledge,  
Changing Lives*

For more information,  
please contact us at  
110 Broadway  
La Center, KY 42056-0237  
(270) 665-9118  
Fax: (270) 665-5241  
[www.ca.uky.edu](http://www.ca.uky.edu)



College of Agriculture,  
Food Science, and  
Sustainable Systems