

EXTENDING KNOWLEDGE

Changing Lives

IN BELL COUNTY

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



Amanda Frasure was the winner of the Small Steps to Health and Wealth challenge

Family and Consumer Sciences

Rebecca Miller, FCS Agent

Small Steps to Health and Wealth

Despite just coming out of the 2007 economic recession, Kentuckians continue to lag behind in areas of personal income, poverty, and unemployment. The percentage of children living in poverty has risen to 36% over the past 2 years. Along with a less than ideal financial outlook, health has continued to be a critical issue in Kentucky. Out of the 50 states Kentucky ranks 47th in overall health. Our state is plagued with health issues that include high smoking rates, obesity, and preventable hospitalization. As a part of the Managing in Tough Times Initiative, the Bell County Cooperative Extension Service participated in the Small Steps to Health and Wealth Online Challenge, "Kentucky 2016 Resolution."

Small Steps to Health and Wealth is a National Extension program designed to encourage participants to make positive behavior changes to simultaneously improve their health and personal finances. This program consists of two main sections: a discussion of 20 similarities between health and personal finance issues and 10 suggested behavior change strategies that can be applied to either area of life.

Priority Program Efforts

- A total of **635** people are now involved in addressing significant community issues
- **140** youth made an impact in their community through service projects
- **32** local residents implemented practices that promote sustainable agriculture
- **1,140** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **510** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

Twenty-one people participated in the six-week online challenge. The program allowed them to track their daily choices related to nutrition, physical activity, and personal finances. As a result of this program participant outcomes included:

- Consuming at least 1,808 cups of fruits and vegetables
- Exercising a minimum of 5,940 minutes or 99 hours
- Drinking water instead of sugar-sweetened beverages occurred 269 times
- Tracking 1,040,00 steps or 520 miles with a pedometer
- Saving more than \$218 in loose change
- Saving or investing at least \$800 including automatic deposits
- Ate lunch prepared at home instead of eating out 230 times, saving approximately \$1,150

Trash to Treasure



Participants made their own art creation out of sticks and toilet paper tubes, keeping them out of our landfills!

Promoting healthy homes and communities is one area that many on our advisory council and Extension council want to address. Citizens in Bell County are looking for ways to help the environment and looking for ideas to help them cut back on the trash that they are sending to our local landfills. Today the average American creates about 5 pounds of waste per day, half of which is recycled, leaving a little over 2.5 pounds per day. With that being said, the Bell County Extension Service joined efforts with the Wilderness Trail Area Homemakers and Family Resource Youth Service Centers to conduct a program “Trash to Treasure” to tackle this issue!

Eighty-four people participated in the program and walked away with valuable information that they could use in their homes and communities to extend the life of a product to keep it out of our waste system. This lesson focused on reusing items and encouraged participants to purchase durable items, practice different methods to repurpose the product, and were given examples of ways to reassign items to someone else, after you no longer needed them.

As a result of this program, 95% will practice reducing the amount of waste materials that is placed in our landfills through recycling and reusing. 100% now can identify what can and cannot be recycled. 90% of the group expressed their level of understanding household waste management increased because of this class.

4-H Youth Development

Brandy Calvert, 4-H Agent

4-H Cloverbuds celebrate Independence Day and the American Flag

With the need to recruit 4-H'ers in at an early age, the 4-H Cloverbud Make, Mingle & Munch program was launched. This program was developed with early childhood development in mind. In Kentucky, only 49 percent of youth are prepared for Kindergarten, according to a Kids Count survey. Our goal is to help improve that number.

The basic lesson plan for each Cloverbud meeting includes preparing a nutritious recipe developed by the University of Kentucky. Each student will take away increased knowledge about nutritious or new foods, as well as improved cooking or food safety skills.

In July, the theme was Independence Day and the American Flag. Participants made red, white and blue fruit & yogurt parfaits, some tried raspberries and blueberries for the first time. Participants observed the flag being folded correctly, learned flag etiquette, and the history of the American flag

We ended one program by painting the American flags on canvas

The initial outcome was an increased interest in 4-H, participants tried new foods, learned proper knife handling skills and all increased their knowledge about the American flag.



Gage Reed joined other 4-H'ers for the Independence Day 4-H Make, Munch & Mingle.

4-H Teen Leadership Academy helps develop tremendous potential in Bell County teens

Leadership is a common focus for the 4-H Program and a need is apparent for all communities. Bell, Harlan and Knox teamed up for a 4-H Teen Leadership Academy. Eight Bell County teens participated in the second annual 4-H Teen Leadership Academy for the three counties.

The Bell/Harlan/Knox Teen Leadership Academy focuses on leadership, citizenship, government, communications, career exploration, media, and community service

Participants were required to apply to the program, responding to such questions as: "What three things concern you most about life in your county?", "If you could change anything about your community, what would it be and how would you change it?" and "Why do you feel you would be a good candidate for the 4-H Teen Leadership Academy?"

Participants recently participated in A 4-H Capitol Experience, meeting with their State Representative, touring the Kentucky Capitol building, meeting the governor and other state legislators. "I would have never gotten to do this if it weren't for 4-H," one of the students said as we walked away from the Capitol building after the event.

In addition to this overwhelmingly successful experience, students recently

participated in a Media Day, where they toured a local newspaper office and spoke with the editor, stopped in to a local radio station and were actually on the radio and learned all about that media type. They ended the day with a stop at LMU-TV and sat behind the anchor desk with local news anchor Ashley Hurley. Teens learned the importance of local media and with media after the Media Day.

Participants were selected based on leadership experience, projected ability, and community involvement. Guidance Counselors from the three high schools in our county were given the opportunity to recommend several students. Eight Bell County teens made up part of the second year Academy class. Each of the eight had experiences that they profess have helped them to mature and gain confidence in their leadership abilities.



4-H Teen Leadership Academy members enjoyed a tour of the Bell County Courthouse, with tour guide Rob Lincks, Bell County Deputy Judge-Executive.

Agriculture and Natural Resources

Stacy White, ANR Agent

Pasture Improvement

Much pasture land in Bell County is not producing at its potential. Many livestock producers depend largely on low quality hay to overwinter herds. The ANR agent provided leadership to the Bell County Agriculture Council to implement a shared-use equipment program that includes pasture improvement machinery. Producers have access to a portable sprayer, a no-till seed drill, broadcast seeders, and a lime spreader. This program was funded via local donations, Kentucky agriculture development funds, and coal severance money. Equipment is available to all Bell County producers on a low cost rental basis. Use of the equipment has allowed

producers to reduce weed pressure, improve forage quality, and implement rotational grazing reducing the amount of hay being used. One producer who has availed himself of this opportunity stated "my feed cost is half of what it was before I started utilizing my pastures better."



Quality pastures are essential to sustainable livestock production.

Cumberland Gap Cattle Conference

The Cumberland Gap region has a sizeable cattle industry. Due to the geographical location and resources, it is often hard for producers to attend conferences and other larger Extension Programs. With the creation of Lincoln Memorial University's College of Veterinary Medicine, the area now has facilities to hold such events. In addition, producers travel between the three states to obtain resources and often farm in more than one state. Collaborating with the adjoining states allows these farmers to see Extension as unified resource and receive the benefit of each state's strengths.

The Cumberland Gap Cattle Conference took place on December 5, 2015. Speakers and topics included Dr. Griffith from University of Tennessee on economics and market outlook, Dr. Whittier from Virginia Tech spoke on antibiotic rule changes, Dr. Lehmkuhler from University of Kentucky spoke on mineral nutrition, and Dr. Strickland from University of Tennessee spoke on body condition scores. Sponsors for the event included First Bank and Trust, Farm Credit, TN-Coop, Performance Feeds, Zoetis, and Merial.

A survey was given to participants showing promising results. From those surveys returned, 42.4% had operations in Tennessee, 30.3% in Virginia, 15.2% in Kentucky, and 12.1% with operations in Virginia and Tennessee. They reported 1,464 head in cow-calf operations and 735 head in stocker operations. 100% of responders reported they have a stronger understanding of how their management decisions impact the economics of their operation, as a result of the conference. 55% reported that, prior to the conference, they were not aware of upcoming federal rule changes affecting antibiotic use. Of those, 94% said that they felt they had gained enough information from the conference to deal with the upcoming changes. 76% said they plan to implement a mineral program or make changes to an existing mineral program based on information received from the conference. 97% said they are more comfortable using body condition scoring in management decisions as a result of the conference. 70% said they plan to make other changes to the management of their operations because of what they learned at the conference. 100% of responders say that they would attend the conference again if held. Overall, the conference was very successful.



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