COOPERATIVE EXTENSION

2016

University of Kentucky
College of Agriculture, Food and Environment

Kentucky State University
College of Agriculture, Food Science, and Sustainable Systems

EXTENDING KNOWLEDGE
Changing Lives

IN CARROLL COUNTY

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

Carroll County Volunteers at the 2016 Kentucky Volunteer Forum

Carroll County Cooperative Extension: Building Our Community, Building Our Future

The Carroll County Cooperative Extension Service is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky's College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth's two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development.

As we reflect on the past year, it has been our goal to introduce new, interesting, and lifestyle-changing programs that will benefit our community for years to come.

Carroll County Cooperative Extension Agents & Support Staff

Currently Vacant	*Joyce Doyle*	*Christin Herbst*	*Rhonda Welch*
Family & Consumer Sciences	4-H Youth Development	Agriculture & Natural Resources	Administrative Assistant

Priority Program Efforts

- **75** producers adopted resource management technologies (IRM, IPM, soil testing, soil fertility management) as a result of Extension programs
- **10** youth made an impact in our community through service projects
- **63** 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
- **350** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **823** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- **623** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- **950** youth and adults demonstrated informed and effective decision-making skills
- **12** individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Carroll County ***Circuit Court Judge Leslie Knight*** *meeting with Carroll County Middle School Student*

Truth and Consequences: The Choice is Yours!

Substance abuse is a serious problem in Kentucky and it comes in the form of a wide variety of ways—prescription drugs, street drugs, alcohol, marijuana, etc. According to the 2013 report "Prescription Drug Abuse: Strategies to Stop the Epidemic" released by the Trust for America's Health organization, Kentucky has the third highest drug overdose mortality rate in the United States, with 23.6 per 100,000 people suffering from drug overdose fatalities. The Kentucky Office of Drug Control Policy reported 230 drug overdose deaths of Kentucky residents in the Northern Kentucky Area (Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton Counties) in 2015 with less than five of those deaths in Carroll County. The total deaths due to drug overdoses for the area increased thirty-three deaths from 2014, however, Carroll County saw a decrease from seven deaths in 2014.

The Foundation for Advancing Alcohol Responsibility reported 171 alcohol-impaired driving fatalities in Kentucky in 2014, 25 (27.2%) of which were individuals under the age of twenty-one.

The Carroll County Extension Council and Extension Agents feel very passionately about doing their part to help address the substance abuse problem in Carroll County and placed high priority in this area. In response, a collaborative effort among all Extension programming areas was established to implement Truth and Consequences: The Choice is Yours! for the second year on March 4, 2016.

Truth and Consequences (T&C) is a scenario-based role-play activity designed to help students learn more about the physical, legal, financial, and emotional consequences of substance abuse. Collaborations among the Carroll County Cooperative Extension Service, Carroll County Middle School, Champions for a Drug Free Carroll County, and Threes Rivers Health Department provided the program to eighth grade students. The event brought in local officials (circuit judge, county attorney, jailer, coroner, etc.) to provide real-world consequences to the students. Brad Fritz, a 30-something-year-old Northern Kentucky man who became severely disabled after a wreck at age fifteen involving his peers drinking alcohol, spoke to all the students through a speaking device about his difficult journey and how one bad decision can alter a person's life forever. Debriefing of the day's events also took place for the students to reflect on their experience.

After the program, an evaluation was provided to all eighth grade students to complete anonymously. 31.86% of students admitted they had previously tried a substance—alcohol (23 students), marijuana (5), cigarettes (3), dip (2), electronic cigarette (2). Alarmingly, one student admitted to taking non-prescription pain medication, while another admitted to taking a mixture of alcohol and cough medicine.

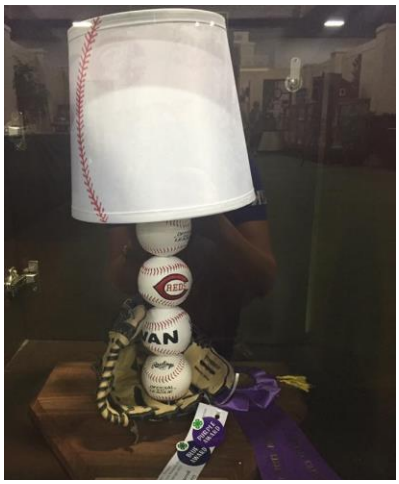
When asked if students had ever talked with at least one of their parent/guardians about the dangers of tobacco, alcohol, or drug use, 94 students (83.19%) confirmed they had done so. As a result of their experiences with T&C, 101 students now felt comfortable talking to their parents/guardians about the dangers—seven students talking more than before—seven young lives that could potentially be saved from substance abuse in the future.

Students were also asked how wrong they felt certain substance abuse situations were for people their age. The large majority of students (over 60%) felt having five or more drinks of alcohol in one setting, smoking cigarettes, smoking marijuana, using methamphetamines, taking a prescription drug without a doctor's prescription, taking an over the counter drug to get high, and

Evan Searcy

4-H Grand Champion in Electricity

2016 Kentucky State Fair



using a needle to inject an illegal drug into their body was very wrong. The numbers were more spread across the board with thinking it was wrong to have one or two drinks of alcohol and using smokeless tobacco. Approximately 28% of students thought having one or two drinks of alcohol was slightly wrong or not wrong at all. Approximately 23% of students thought using smokeless tobacco was slightly wrong or not wrong at all. Also surprisingly, more students (18 students) thought smoking marijuana was less wrong than smoking cigarettes (16 students). Perhaps a focus on the dangers of small amounts of alcohol, smokeless tobacco, and marijuana should be addressed for future programming.

Lastly, students were asked what they learned through the T&C program. Responses included:

"I learned that when you do drugs or alcohol, it also affects everyone around."

"…Even one small wrong choice can change your entire world."

"Don't do drugs or drink. It'll screw up your life. Forever."

"I learned that I shouldn't be like my family and should only do good things because there are too many consequences."

The last comment pulls at the heartstrings, and reiterates the importance and great value of the Truth and Consequences program. If we can shift one young person's life away from substance abuse, we feel we have succeeded. This is a powerful Extension program that will definitely continue in Carroll County in hopes to continue to reach and positively influence the youth of our community.

Carroll County 4-H'er, ***Layne Huesman****, and her project lambs interacting with students at Cartmell Elementary*

Experiencing Local Foods through the Riverview Farmer's Market

According to the 2012 Census of Agriculture, sixteen farms with over fifteen total acres are devoted to vegetable and fruit production in Carroll County. The Riverview Farmer's Market was established in 2004, and in the 2015 season, there were twelve individual vendors (including three new vendors) with an incredibly diverse selection of products, including: traditional vegetables, blueberries, red and black raspberries, blackberries, peaches, mushrooms, melons, honey, jams, jellies, vinegars, and freezer beef. With this vast array of produce, and the growing demand for locally-produced foods, members of the Carroll County Extension Council and the Extension Agents placed high priority on concentrating programming to promote the Riverview Farmer's Market.

Riverview Farmer's Market *at First Friday in Downtown Carrollton*

One way to grow and retain consumer demand for local foods is to provide a means to use those foods and the opportunity to sample those foods. The Carroll County Cooperative Extension Agent for Agriculture & Natural Resources (ANR) developed a plan to use Plate It Up! Kentucky Proud recipes, publications, and SNAP-Ed kitchen utensils provided by the University of Kentucky to spotlight produce on market days and during local summer festivals. Upon receiving her sampling certificate in 2013, the ANR Agent, along with collaboration from both the 4-H Youth Development and Family & Consumer Sciences Agents, has provided nineteen sampling opportunities to-date to over 1700 contacts (4.09% non-white, 7.89% Hispanic, 10.69% youth).

Some vegetables were chosen to be spotlighted due to the producer's request of "Help me teach people what they can do with this vegetable." One such example was yellow squash, where the Plate It Up! recipe Squash Supreme was used. During sampling, it was clear that several

people were completely against even tasting the recipe, due to their adamant dislike for the vegetable. The agents, however, did not let a little answer like "No" stop them, and proceeded to encourage giving the dish a try. One particular couple stood out: A young, married couple under 35 years of age claimed they absolutely did not like yellow squash and balked at tasting the recipe. However, with encouragement, the two sampled the food and genuinely enjoyed it. After picking up the recipe, the couple walked directly over to a vendor to purchase yellow squash. Success!

Market members are also taking steps towards improving overall market convenience and appeal. All market members are deemed Kentucky Proud, meaning their agricultural products are grown, manufactured, or processed in the Commonwealth of Kentucky. In addition, three veterans in the market are involved in Kentucky Proud's Homegrown By Heroes program—a marketing initiative to those producers who have served in any branch of the United States Military. Members also participate in the Senior Farmer's Market Nutrition Program (SrFMNP) and Women, Infants, and Children (WIC) Program yearly to provide opportunities for limited-resource individuals to purchase produce.

The Riverview Farmer's Market is a fantastic asset to our community, and the Carroll County Extension Service will strive to help the market achieve continued success in the years to come.

Matter of Balance

"Embracing Life as We Age" is a Family and Consumer Sciences initiative that adapts lifestyles to promote healthy aging, adjusts and manages environmental factors to promote independent aging, practices healthy communication, and enhances relationships to promote quality aging.

Matter of Balance, a major program in this initiative, addresses fear of falling, increased exercise, socialization, and nutrition to reduce risk of falling, and simple exercises to increase strength and balance.

Carroll County has a population of 10,953 with 1,551 individuals age 65 and over; 403 of those folks live alone. Approximately 22.7% of Carroll County's seniors live below the poverty level.

The Carroll County Cooperative Extension Agent for Family & Consumer Sciences teamed up with Carroll County Senior Center to teach the program.

The average attendance for the 8-week program was eighteen people. Sixteen participants attended six or more sessions.

Graduates of the Matter of Balance Program at the ***Carroll County Senior Center***

As a result of the program, 87% of the participants increased their knowledge of how to reduce falls, 75% decreased their fear of falling, 100% of the participants would recommend the class, 100% feel more comfortable talking about their fear of falling, and 87% have increased their activity level.

Participant comments on the program were positive and reinforced importance of awareness, socialization, exercise, and snacks:

"I'm walking more every day and doing more things around the house."

"I have become more social and tried food I would never have bought."

"I'm looking for ways to keep from falling and ways to improve from falling on the steps."

Matter of Balance was an excellent program, and also a useful tool to learn more about the needs of senior citizens that will help develop future programming efforts.

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Extending Knowledge, Changing Lives

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