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 CARTER COUNTY

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

FCS Agent Whitney Morrow talking to diabetes program participants

Carter County has one of the highest rates in the state for diabetes-related deaths located in the "Diabetes Belt" according to the Centers of Disease Control.

To reduce chronic disease risk and debilitation, "Taking Ownership of Your Diabetes" series was offered by the Carter County Extension Service. The curriculum was taught by Family and Consumer Sciences Agent monthly, for ten months. The curriculum includes strategies such as goal setting and problem solving to empower individuals to manage their diabetes.

Sixteen people participated in the program and as a result of the program:

- 50 % took part in physical activity
- 100% were seen by a health professional to help manage their diabetes
- 85% checked their blood glucose 1 or more times a day
- 100% had their AIC checked
- 100% implemented at least 3 healthy eating practices to help address their diabetes
- 100% set one of more goals for themselves
- 100% accomplished at least one goal
- 100% are better problem solvers in their daily lives as they deal with their diabetes

Three participants reported losing a total of 49 pounds, by watching their portion sizes and avoiding white flour. Half of the participants reported a drop in AIC levels by at least three points after they began counting carbohydrates. These lifestyle changes are resulting in long term health benefits.

Priority Program Efforts

- A total of **215** people are now involved in addressing significant community issues
- **300** youth made an impact in their community through service projects
- **180** local residents implemented practices that promote sustainable agriculture
- **180** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **25** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **42** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **332** youth and adults demonstrated informed and effective decision-making skills
- **110** 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.

Long Term Outcomes of Family and Consumer Sciences Programming

In 2013, a mother of a small child contacted the Family and Consumer Sciences Agent and expressed her need to learn some basic life skills and to provide social opportunities for her three-year-old son. She expressed that she knew very few people in the county and her son had never had an opportunity to interact with other children. She also showed an interest in food preparation. She shared that her family ate fast food for every meal, because her of lack of food preparation skills.

She immediately began attending the Laugh and Learn Playdate program with her son. The purpose of this program is to help young children learn skills to prepare them for school. In the last three years she has also participated in Kids Day at the farmer's market, a basic cooking school, intermediate cooking school, two food preservation workshops, and basic sewing class. She is currently enrolled in the Nutrition Education Program.

Through both formal evaluations and informal conversations, the participant reported the ways her family's lives have changed since becoming involved in Extension. As a result of the children's programs, her son has developed socially and was better prepared for Kindergarten. She also learned ways to properly interact with her child and built relationships with other mothers for support. The child has also developed an interest in planting seeds from his experiences. The family now grows some fresh vegetables at home. Instead of eating fast foods, the family now prepares most meals at home. The participant has learned to cook from scratch and now saves approximately $100 monthly on food. She has added spinach and other vegetables to her family's diet. As a result of the sewing class she now makes her own pillows for her home. She has developed an interest in a clothing construction and it has given her a new confidence and sense of accomplishment. Through the Nutrition Education program, she has gained basic skills necessary to help her family eat healthier and stretch their food dollars.

"Before I found Extension, I felt like I didn't know how to do anything for my family and now I can do so much. I look forward to continuing to learn new things and take advantage of all of the awesome programs Extension has to offer." - *Participant*

4-H Capitol Experience

The Carter County Extension Council has expressed an interest in engaging, educating, and empowering youth to understand community issues and take ownership of implementing local solutions. To help students learn more about the government process the Carter County 4-H agent recruits students to participate in the annual 4-H: A Capitol Experience program. The 4-H agent also arranges transportation, additional adult chaperones, meetings with the local legislators and a visit to another Frankfort landmark.

In March of 2016, seven Carter County 4-H members visited Frankfort. For six of the students, it was the first time they had been to the State Capitol. The group met with Senator Robin Webb, Representative Jill York, toured the Capitol building, visited the Kentucky History Center, and attended the group assembly where the Governor and other elected officials addressed the 4-H delegation. Of students who completed a survey after attending the Capitol:

- 80% know who their State Representative or Senator is.
- 80% said they felt comfortable taking to their Senator or Representative about community issues.
- 60% were more aware of how a bill becomes a law.
- 100% were able to list something they had learned on the trip.

After winning Governor Bevin's first selfie of the week contest, one of the students was inspired to write a newspaper article about her Capitol Experience trip. The article appeared in a local newspaper and included her thoughts about the trip and several pictures from the day.

Capitol Experience Participants

Carter County Farm & Family Field Day

The Annual Farm and Family Field Day is one of the biggest events sponsored by the Carter County Extension Service. The attendance has trended upward over the past few years. Over 300 people attended the 2016 Field Day. This is a total effort of all the county Extension staff and is also co-sponsored by the Carter County Soil Conservation District. There are events for the whole family.

The farm tour started with a fencing demonstration by Steve Sarson of Bekaert Fencing, where 75 people learned how to construct brace posts, use of gripple connectors, and proper stretching of woven wire fencing. Most of these folks had never seen woven wire stretched in this manner where a 300 ft. span was attached to the end H-Brace and cut in the middle. The stretcher was attached to the 2 sections, stretched and connected with gripple connectors. Everyone was amazed at how the 300 ft. section was free standing with no posts installed yet to support it. Mr. Sarson said this was the largest attendance of any fencing demonstration he had done.

The next stop of the farm tour was at the beef working facilities to learn about pregnancy checking of cows. Agent spoke on the importance of pregnancy checking and the need to cull free loaders and the importance of pelvic measurements. Dr. Whitley, a local vet, then demonstrated his new ultrasound device with a mobile monitor that he mounts on his forehead and another monitor that the crowd could see the unborn fetus. 3 cows were pregnancy checked and the attendees were able to see different stages of pregnancies and also learned how cheap and easy it is to preg. check their cows and the value of doing so.

The participants then loaded onto a school bus to be transported down to the no-till soybean field where host farmer Jason McGlone described there 1000 acre corn and soybean operation and told how they started out at 100% conventional tillage and now are at 60% no-till with plans to increase more every year. Then Dennis Chesman, of the NRCS, spoke on the advantages of no-till over conventional tillage, comparing cost savings of less trips over the field, less soil erosion, and improved water quality.

While the farm tour was going on, there were many activities going on back at the barn. Rebecca Konopka, CEA/4-H and Youth Development agent, provided kids activities for all ages, one of which provided 4-H Livestock Certification Hours for the 4-H livestock club members. There was a petting zoo, a corn bin to play in, and huge tractors and combines for the younger kids to play in.
Whitney Morrow, FCS agent, had a Plate It Up Kentucky Proud station where she gave out food samples and recipes. The FCS Agent also conducted a dessert contest with 3 different categories plus a youth category.

The Grayson RECC conducted a safety demonstration and participants played a game to demonstrate the knowledge they had learned.
19 different vendors and agencies set up displays and passed out gifts and educational material. Health screenings were provided by Bellefonte Hospital. Joe Cain from Ky. Farm Bureau spoke on Black Vultures as Livestock Predators during the evening meal.

Feedback from many participants expressed that this one of the most successful Farm and Family Field Days to date.

Steve Sarson demonstrating fencing

4-H NRESci Academy Exposes Students to Career Choices

We are dependent on earth's natural resources - the air we breathe, the water we drink, and the soil we use for food production are vital to our existence. Unsolved worldwide social problems need to be addressed by Kentucky youth and adults because there is a shortage of scientists and people understanding natural resource stewardship. To help increase the pool of trained scientists to frame and solve problems the 4-H Natural Resource & Environmental Science (NRESci) Academy was developed. The Academy is a three-year program for middle school students who study water, forestry, and wildlife. Each year, the scholars spend 3 days at the UK Robinson Forest and attend three additional quarterly meetings, which have included meeting with government officials in Frankfort, and touring the Salato Wildlife Center, Robinson Center for Appalachian Resource Sustainability, Toyota, McConnell Springs, and the Freeman Veneer Plant. Programs are taught by UK specialists and various industry professionals.

The Carter County 4-H Agent recruits students, provides transportation to events, serves on the Academy steering committee to help plan events, and chaperones events.

At the completion of the program, scholars participated in an educational tour to Tybee Island, Georgia. Tour stops included the Tennessee Aquarium, Gulley Branch Tree Farm, Fort Pulaski, and the University of Georgia Marine Education Center. At each stop, scholars studied the natural resources of the area, and compared them to their knowledge of Kentucky's natural resources. Carter County has had 8 students participate in the program. Of the three that graduated from the program in July 2015, two participated in the Georgia tour and were selected as ambassadors to help out with this year's program. Survey results of the graduating Carter County scholars showed that as a result of the NRESci Academy:

- 100 % feel comfortable discussing environmental issues with other youth and adults; improved their grades in science; and use skills they learned in the Academy at home, school, or in their community.
- 66 % have decided to pursue a career in a natural resource related career; and made daily changes that positively impact their environment.

"The NRESci Academy has shown me the vast amount of career opportunities involving Natural Resources and Environmental Sciences. Studying the different core units has really helped me in choosing what career I'd most enjoy pursuing. While attending the NRESci educational tour I learned that I have the option of working in forestry in other areas of America." – *Carter County Scholar*

"I have always enjoyed science, but forestry and wildlife are some of my favorite areas. NRESci gave me the opportunity to do things with those topics hands on. It's easier for me to learn that way and it was topics that I was interested in." His mom said, "As a parent the thing that I enjoyed the most was the influence from adults that could see the positives in him. I feel like this academy helped raise his self-esteem and confidence." – *Carter County Scholar*

Destiny MacLean – NRESci Academy participant

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