Changing Lives

IN HICKMAN COUNTY

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

GROW IT, EAT IT, WEAR IT

Hickman County is a predominately farming community with production of row crops, livestock, poultry and hog barns. It also includes one dairy and other smaller food producing farms. The Grow It, Eat It, Wear It program focuses on several aspects of agriculture including row crop products, dairy farming, sheep and the shearing industry, the development of horsepower over time, agricultural inputs, and much more. This was the first year for this program to be offered in Hickman County and it proved twice to be a success. Community involvement played a large role in the success of this program. Local banks sponsored a meal for the volunteers, volunteers brought equipment, animals and samples, and the Hickman/Carlisle SNAP-Ed assistant provided samples of fresh fruit for the students to sample.

Throughout 2016, we have offered this program twice. A total of 354 students participated in a rotational style setup of 7-9 stations for a duration of 10 minutes each. Stations from both programs included: aquaculture, sheep (sheep shearing, wool spinning, ewe lambs),

Priority Program Efforts

• A total of 120 people are now involved in addressing significant community issues
• 130 youth made an impact in their community through service projects
• 77 local residents implemented practices that promote sustainable agriculture
• 75 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
• 326 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
• 980 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
• A total of 494 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
• A total of 225 youth and adults demonstrated informed and effective decision-making skills
horsepower (Belgium horses, plow, tractor), farm ani-
mals (chickens, turkeys, milk & meat goats, ducks,
alpaca, etc.), honeybees (contained in a display hive),
dairy (cow & calf), confined animal production
(poultry & swine), agricultural inputs, grain
marketing/storage and a seed to table booth.

Teachers rated the program as a whole at 90%. They
all agreed that they would like to continue with this
program for the years to come. When asked how the
program fits into the classroom curriculum, teachers
mentioned “science, agriculture and real world
jobs”. The principal has added this program into their
annual curriculum and is looking to schedule it for the
2017-2018 school year.

**Kansas Beef Trip**

Cooperative Extension paired up with the
Purchase Area Cattlemen’s Association to provide a
new educational opportunity to beef producers this
year. Marketing this opportunity to all counties in the
Purchase Area, we were hoping to make a large
impact on the beef production section for this part of
the state. The Hickman and Calloway County agents
worked together to implement this trip, and were
pleased with the outcome.

There were fourteen beef producers along with the
two county agents that traveled to Garnett, Kansas to
learn about beef production in the central states. By
teamming up with a Garnett, Kansas veterinarian, we
were able to schedule several tours at local cattle
facilities; ranging from cow/calf operations, to
feedlots and commercial genetic breeders. All
fourteen PACA producers were able to sit down and
have one-on-one conversations with each of the
Kansas producers. One-hundred percent of the
producers reported knowledge gained from this
program that could be implemented back on their
farms in Kentucky.

According to the Centers for Disease Control and
Prevention website, obesity still remains at about
17% among our nation’s young people ranging in
ages 2-19 years even though the rate of obesity in
2-5 year olds has been on a downward slope.
However, childhood obesity continues to be a
problem in Hickman County. The Hickman County
4-H agent and Family Resource Coordinator
collaborated to provide a Physical Fitness and
Healthy Snack program to fifth and sixth grade
students after school to help increase their strength
and endurance and encourage youth become more
physically active.

Twelve fifth and sixth grade students participated in
this seven session program. A “best day card” was
used to record specific timed exercises to measure
input and output of training. Participants recorded
the number of squats, push-ups, sit-ups, etc. that
were a part of the circuit training in intervals of 30
seconds. After the interval part was complete, the
students were engaged in a 20-30 minute activity
such as kickball.

The end of program results showed great
improvements in strength and endurance. 92% of the
students improved the number of sit-ups in the 30
second intervals. 100% of the students improved the
number of jumping jacks. 75% of the students
improved the number of push-ups and the list goes
on for the number of chair sits, jump rope, and for
lengths of time doing planks.

**MADD CAMP**

In 2015 the Hickman County Arts Council and
Extension Service joined together to host the first
ever MADD Camp, (Music, Art, Dance & Drama). This
year was the second year for this camp and
participation and space needed for the camp has increased. Nineteen youth in grades 5-8th participated in this 5 day camp learning and experiencing different elements of the arts. Each day had a different focus, Music, Art, Dance, & Drama with the last day being a Show and Tell Luncheon.

Volunteers in each field or “specialty” came in to teach; we even had volunteers from Playhouse in the Park in Murray, KY come to put together and teach a play. Four teen volunteers also came to help. The youth were able on Friday to show off their drawings, sing a few songs, dance a few moves, and then perform the play “Shrek.” Most youth participants had to reach out of their comfort zone in order to perform and sing. A marked increase in youth leadership and expressive communication skills among all students during the week was the result of this program. Everyone had to work collaboratively each day during the sessions to practice to make the production successful. Everyone displayed their own talent strengths and weakness and were able to improve a little each day and go home with a positive attitude in how they were bettering themselves and their knowledge.

Marvelous Manners

Hickman County Extension Homemakers and County Extension Council determined that character education with an emphasis in manners and etiquette continues to be a priority issue for Hickman County. A student’s success in life can be significantly impacted by learning and practicing good manners. Social relations can be strengthened by being polite to others resulting in a respectful environment. The Family and Consumer Science Agent collaborated with the FLIGHT 21st Century Afterschool Program, Family Resource Youth Service Center and Community Education to offer Marvelous Manners, a series of four educational sessions that culminate in a fine dining experience. Seventeen students in grades 6-8 participated in the afterschool program. Topics covered included: table manners; manners at home, in public places and the classroom; introductions; telephone manners; and respect for others. Evaluation data revealed that 100% of participants learned eight or more table manners, 100% felt more comfortable eating in public, 100% learned the difference between polite and impolite conversation, 100% felt more capable of properly introducing their parent to a friend and 96% stated they would send a thank you note after receiving a gift. Seventeen students practiced the skills they learned during a fine dining experience. One student stated, “I loved being able to practice using real glasses and table settings.” One Volunteer Table Hosts stated, “Marvelous Manners is an excellent program in which the students are fully engaged in learning and doing. Watching them practice the skills, they learned in class, has been a delight.”

Hickman County Get Fit Lifestyle

Homemakers greet Marvelous Manners students and make proper introductions.

Lifestyle and behavioral risk factors contribute greatly to the onset of the chronic diseases that are the leading causes of death for Kentuckians. Kentucky is now the ninth most obese state in the nation. After three decades of increases, adult obesity rates remained level in every state except for Arkansas. However, rates remain high — Kentucky’s adult obesity rate is 31.3 percent, up from 25.6 percent in 2003 and from 12.7 percent in 1990. According to the
Kentucky Institute of Medicine, Hickman ranks 33 in the state with greatest challenges being obesity, diabetes, and lack of physical activity.

County Stakeholders through Issues Flow have relayed a continued need to include improving adult nutrition and increasing physical activity as program needs. Healthy Living Programs such as Get Fit Challenge along with Weight the Reality Series helps participants meet outcomes of increased physical activity and reducing risk factors of chronic diseases through reduction of weight. One Session was held for twelve weeks in the spring. Participants weighed in once a week. Participants could choose to participate in educational and physical activity challenges to learn more. Many participants were employed fulltime with families and first time Extension program participants. Participants engaged in the following programs: Get Fit- 26 participants; Weight Reality Series- 6 Participants; Zero Weight Gain Holiday Challenge- 15 participants. Cumulative Weight Loss -122.4 Lbs. and 79 inches.

Evaluation Data of Participants concluded that 90% found the program to be extremely valuable; 92% found that before participating in Extension programming they were not effective in managing their weight; 100% found that after participating in Extension programming they were more effective in managing their weight; 96% feel that physical activity are very important and 50% continue to exercise three or more days a week three months after the program.

“Marvelous Manners is an excellent program in which the students are fully engaged in learning and doing. Watching them practice the skills, they learned in class, has been a delight”

- Wanda, Homemaker Volunteer

“Families are getting healthy in Hickman County. Through participating in Extension programs, we have been encouraged to incorporate physical activity during family free time which has increased our health and family fun”

- The Peyton Family

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