



EXTENDING KNOWLEDGE *Changing Lives*

IN JACKSON COUNTY

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



From left to right: Judy Hisel-Rose, Staff Assistant; Clare Kincaid, FCS Agent; Jeff Henderson, ANR Agent; Patsy Smith, SNAP-ED Assistant; Cathy Howell, SNAP-ED Assistant; Verlene Congleton, 4-H Agent; and Tamera Hall, Staff Assistant

Did you know that at the Jackson County Cooperative Extension Service.....

- 96% of the seniors intended to address behaviors to decrease their chance of falling
- Homemaker's take on new leadership roles and form new homemaker club.
- 126 ninth graders and 25 community volunteers participated in the Truth or Consequence Program.
- 446 Youth learn the risk of drug, alcohol and tobacco use.
- The Jackson County Farmers' Market had a 100% increase in sales due to grants for double dollars.

Read about it in this report.

Priority Program Efforts

- A total of **42** people are now involved in addressing significant community issues
- **9** local residents implemented practices that promote sustainable agriculture
- **5** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **256** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **50** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **340** youth and adults demonstrated informed and effective decision-making skills

Family and Consumer Sciences

Clare Kincaid, FCS Agent

Senior Day Out

According to the 2010 Census, Jackson County's current population of seniors (65+) is 14%, a number that is expected to double in the next 20 years. Aging is a lifespan process and it is important to acknowledge and celebrate the changes that accompany aging, in regard to health, independence and quality of life. The



Local seniors make pine cone bird feeders

Jackson County Family and Consumer Science Council initiated the idea to have a program to focus on the needs and challenges of the seniors in Jackson County. The FCS Council planned and partnered with Cumberland Valley Area of

Aging District, Jackson County Senior Center, McKee Manor, Christian Appalachian Elderly Program/Camp Andrew Jackson, Daniel Boone Community Action Center, PRTC and the Jackson County Food Bank to provide this one day program for seniors. Twenty-four seniors participated in activities and education including Nourish Your Bones and Joints and Stand Up to Falling. Medicaid updates and resources were also available for seniors. A written evaluation was given and 96% of the seniors intended to address behaviors to decrease their chance of falling and 92% plan on making changes for the health of their bones and joints. Some of the comments included, "This was a great program" and "fun and informative" and several participants stated after the program they want to try and exercise more to increase their overall health and to decrease their chances of falling."

New Homemaker Club at the Extension Service

Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. There are several homemakers currently in voluntary leadership positions within Cooperative Extension including

KEHA 4-H Youth Development Chairman, the Jackson County District Board, plus Family Consumer Science, Homemaker, and 4-H Advisory Boards. This past year we have had several homemakers begin a new homemaker club at the Extension service with the guidance of the FCS Agent. Within this new club each of the homemakers has taken a role in leading the leader lesson and a craft monthly. The homemakers within this club have also taken more leadership roles within Jackson County by planning and assisting with programs in the community such as the Senior Day Out as well as taking leadership roles in the area homemakers association. Due to the increased involvement from our homemakers the entire Jackson County Cooperative Extension Service is benefiting because we are able to reach more people, ensure programs are relevant, and most importantly clarify the value of Extension to Jackson County citizens.

Kids in the Kitchen



Youth get hands on experience in the kitchen

According to the 2015 Kids Count County Profiles, Jackson County ranks 106 out of 120 counties in child well-being assessing indicators related to child economic security, education, health

and family and community. The Cooperative Extension Service felt it was important to teach youth basic kitchen skills so they can prepare healthier and more affordable foods and encourage their families to do so as well. The Kids in the Kitchen course was a four week course targeting youth nine and up to learn safe cooking techniques including hand washing, knife safety and handling, proper measuring, manners and etiquette. The youth that participated in this course became more comfortable in the kitchen weekly. During the last class the youth cooked a light meal and beamed with pride as they served their family members demonstrating their new found skills. Since this class numerous youth have indicated they are helping prepare food and setting the table for their family meals.

“Now that I have learned to set the table we are sitting down and sharing meals more often”

- Local youth at Kids in the Kitchen Program

SNAP-Ed

Patsy Smith, SNAP-Ed Assistant

Healthy Choices for Everybody

The Jackson County SNAP-Ed Assistant taught 79 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 89% of NEP families made an improvement in the nutritional quality of their diet. My Plate is used to teach families meal planning so that they can have a healthier diet. The SNAP-Ed Assistant works with many community agencies to help promote programs and deliver materials to a larger audience.

4-H and Youth Development

Verlene Congleton, 4-H Agent

Truth or Consequences Program

In Kentucky substance abuse is one of the most critical public health and safety issues. Statistics show that over the past decade the number of Kentuckians who die from drug overdose has steadily climbed to more than 1,000 each year. According to the 2015 Overdose Fatality Report from the Kentucky Office of Drug Control Policy, Kentucky overdose fatalities increased from 1,071 in 2014 to 1,248 in 2015. There



High School students learn about consequences of drug and alcohol use

has been a 34% increase in all overdose deaths in Kentucky but Eastern Kentucky ranked worst in the rate of overdose deaths calculated from 2012

to 2015 per 100,000 people according to the report.

The Jackson County 4-H & FCS Council saw a need for drug awareness programs in the school system. In collaboration with the local school systems and drug awareness community partners the Truth or Consequence program was held in the fall of 2016 at the local high school. The purpose of the program is to allow students to experience the consequences of drug and alcohol abuse. Each student was randomly given a situation related to drug or alcohol use that required them to be accompanied by an adult to face the consequences. The consequences introduced students to a variety of organizations and agencies in the community, such as law enforcement, the courts, health care facilities and others. All 9th graders attended this drug awareness program. These youth ended the program listening to testimonials given by four young men from a local rehabilitation facility. They also completed an evaluation and questionnaire form.

The results from the evaluation and questionnaire form were that out of the 126 Ninth grade students; 12 admitted to drinking alcohol in the last 30 days; 7 smoke cigarettes daily; 5 use smokeless tobacco daily; 4 smoke marijuana on a daily basis and 1 takes prescription pain killers without a doctor prescription. Ninety seven percent of the youth gained a better understanding of the legal, health, emotional and financial consequences of substance abuse. We are going to continue doing this program to encourage children to think about his/her choices related to substance abuse issues.

4-H Health Rocks Program

Hoping to reach youth earlier in the war against drug, alcohol and tobacco use the Jackson County Extension 4-H Youth Development program target the 4th and 5th grades at all the elementary schools in Jackson County by offering the 4-H Health Rocks program. This program for youth 8-12 years of age is to help youth reduce tobacco, alcohol and illicit drug usage. Children often engage in behaviors that threaten their development. It is also reported in the “Understanding Youthful Risk-taking and Driving

Interim Report that “the period of adolescence is often considered synonymous with risk taking”. The 4-H Health Rocks program discussed issues related to risky behaviors, incorporated hands on activities, games and led discussions with these youth. Out of 360 youth their responses which were anonymous revealed that in each grade level there were 1% to 2 % youth already having suicidal thoughts and using tobacco and alcohol. Our goal with the 4-H Health Rocks is to teach youth life skills so that they can learn to lead productive, satisfying lives without having a dependency toward, alcohol, tobacco or any other illicit drug.



Community members getting fresh local produce at the Jackson County Farmers' Market

Thank You

I just want to thank everyone in Jackson County for allowing me to be your Ag Agent for the last 36 years. God truly blessed me by placing me in such a wonderful place to work with such wonderful people. Philippians 2:3-4 tells us to not do anything out of selfish ambition but to humbly consider others interest above our own. That is the attitude which we tried to have as we worked with the various individuals and groups over the years. Hopefully we succeeded at doing that to some degree. Thank you for your patience and support.

Jeff Henderson



Youth participating in the Health Rocks Program

Agriculture and Natural Resources

Jeff Henderson, ANR Agent

Jackson County Farmers' Market

The Jackson County Farmers' Market was a huge success this year! We were fourth in the state with redemption for WIC vouchers at 62% and second in the state with redemption of Senior Vouchers at 94%. This year we were able to get several grants that allowed our market to double SNAP benefits which increased sales of fruits and vegetables by

100%. We would like to thank our community partners for their support which led to such a successful season.



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*Extending Knowledge,
 Changing Lives*

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