



EXTENDING KNOWLEDGE

Changing Lives

IN KNOX COUNTY

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



Knox County Cooperative Extension Service Staff

4-H Youth Development

Truth or Consequences: The Choice is Yours

2014 Kentucky Incentives for Prevention (KIP) data reports that tenth graders in Kentucky continue to demonstrate higher rates of smoking than 10th graders at the national level. Alcohol remains the most widely abused substance among young people in Kentucky. In addition, a recent community survey indicated the need for drug education for our youth. In response, the Knox County 4-H program collaborated with Barbourville Family Resources and Youth Services Coalition (FRYSC) and Knox County UNITE to offer an event called Truth or Consequences.

This event is designed to allow youth a hands-on learning experience with simulated short-term and long-term consequences. Post-survey reports indicate an increase in understanding zero-tolerance laws and other laws related to drug and alcohol use. Ninety-four percent (94%) of participants reported learning about long-term consequences of drug and alcohol use such as fetal alcohol syndrome, overdose, addiction, and other major health risks. Ninety-seven percent (97%) of participants could identify at least one agency that could assist families in coping with drug use.

Priority Program Efforts

- A total of **147** people are now involved in addressing significant community issues
- **48** youth made an impact in their community through service projects
- **32** local residents implemented practices that promote sustainable agriculture
- **95** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **1200** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **89** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **704** youth and adults demonstrated informed and effective decision-making skills

4-H Youth Development **4-H Camp Cost Reduction**

Are things getting more costly over time? Call it goods and services, supply and demand or some other financial term. Either way, many individuals in Knox County are feeling the effects of job loss/low wages. According to the U.S. Census Bureau, 33.8% of those in our county live at or below poverty level. Because of this, 4-H Camp is a luxury that some cannot afford.

Understanding the importance of 4-H, our goal was to make 4-H camp more affordable for local youth. Knox County 4-H Council, Extension Office and Knox County FRYSC come together to create a fundraiser that would help to reduce the cost of camp for campers. Our Strawberry Fundraiser raised approximately \$1,100 in 2015 and \$1,600 in 2016. This money, in turn, was used to lower the cost of camp from \$190 to \$140 for approximately 50 campers.

Why place such an emphasis on 4-H & 4-H Camp?
The Institute for Applied Research in Youth

Development at Tufts University's Positive Development of Youth Report indicates that young people who are involved in 4-H programs have consistently higher levels of positive development in their lives, make more contributions to their communities, and gain valuable life skills. These students, according to the research, are also more likely to contribute to their family, less likely to engage in problem behaviors, and less likely to experience depression.

Before leaving for the 2014 camping season, a parent pulled the 4-H agent aside and explained that his son had Asperger's and that it was sometimes difficult for him to meet new people and adapt in situations. This child loaded the bus for camp and never looked back. He learned new skills, made new friends and flourished that week.

The agent received this note a in July 2015, "Thank you for giving our son a wonderful camping experience. He often talks of the fun he had and new friends he made. 4-H Camp has really been a positive experience for him and has certainly helped to rebuild his confidence."



Family & Consumer Sciences **Weigh the Reality Series**

According to CDC's County Diabetes Atlas 2012, Knox County data showed that 36.7% of adults 18 years and older were obese and 34.1% of the same sample population reports no leisure time exercise in the past month. In addition, the Knox County Extension Council identifies the high rate of obesity and lack of general health and wellness knowledge as a major concern for Knox County.

In response to this information, Weight the Reality Series (WTRS) was offered at the beginning of the year. WTRS is a 10-week course of self-discovery,

skill-building and support to help people learn about weight control. It's not easy to manage body weight. Not nearly as easy as we once thought it was. This program is based on current approaches that are promising ways to achieve better health.

A total of 21 participants signed up for WTRS. After the series was complete, participants were surveyed and all either maintained or reduced their weight from the beginning of the program. Sixty-nine percent (69%) reported that they now exercise regularly and 83% reported that they watch their food portions more closely. Due to interest of participants, monthly group support meetings will continue.

Family & Consumer Sciences

Body Balance at the Knox County Farmers Market

With the growing trend to eat local and the rising popularity of the Knox County Farmers' Market, Knox County Family and Consumer Sciences Extension participated in a pilot program for a new UK Cooperative Extension curriculum titled Body Balance: Protect Your Body from Pollution with a Healthy Lifestyle. Body Balance was offered as a weekly summer series at the Knox County Farmers' Market.

According to the Behavioral Risk Factor Surveillance System (BRFSS) data, only 6% of the adult population in Knox County consume the recommended intake for fruits and vegetables and 33% claim to be in less than good health. The Body Balance series taught participants about lifestyle changes that can help to reduce exposure to pollution and other contaminants in the environment by providing information, recipes, and actionable steps participants can take to protect their health.

Eighty-three percent (83%) of the Body Balance participants reported an increase in daily consumption of fruits and vegetables. Seventy-nine percent (79%) of the Body Balance participants reported an increase in daily physical activity. One hundred percent (100%) of the Body Balance participants were able to differentiate between the



“dirty dozen” and “clean 15” produce. One participant claimed that Body Balance helped to jump start a lifestyle change and promote more healthful behaviors in her everyday life.

Agriculture and Natural Resources

Cumberland Gap Cattle Conference

Seeing a need for more education for cattle farmers in the tri-state region, agents from Harlan, Bell and Knox Counties, KY; Lee, Wise, and Scott Counties, VA; and Claiborne and Hancock Counties, TN held the first annual Cumberland Gap Cattle conference.

The goal was to address the needs and to update cattle farmers on new federal regulation changes as well as topics of body conditioning scoring, minerals, disease prevention and management.

Of those in attendance, 33 evaluations were returned. Those returned suggested that the event was a success. One hundred percent (100%) of the surveys stated that the farmers have a better understanding of how their management affects the economics of their operation. Fifty-five percent (55%) of the surveys stated that they were unaware of the recent federal regulation changes in antibiotic use, however, 94% made it clear that they would be able to address the changes because of the information gained. Mineral education was greatly appreciated and 76% stated that they would now use a mineral supplement based on the information that they received.

Farmers gained information concerning body condition scoring and 97% stated they are now more comfortable in using it while making management decisions. At least 70% of farmers in attendance listed several management changes they plan to make because of what they learned at the conference. Those changes included minerals, testing grazing, nutrition, and deworming, just to name a few.

Feedback also suggested that another conference be held. One farmer stated "where could you go to hear speakers from three state universities?", "while another wrote: "...presenters were very knowledgeable and did a great job." Of those in attendance, all stated they would attend again.

Agriculture and Natural Resources:
Three Day Introductory Training for Kentucky Master Loggers

The Kentucky Master Logger Program had Continuing Education Classes at the Knox County Cooperative Extension Office. 51 loggers participated and 13 small logging farms were created or helped sustained. This created 50 rural jobs in the county and surrounding region resulting in a total income generation of 4.3 million dollars for rural economies through the harvesting and delivery of logs to local sawmills and the lumber generated from them. Testing indicated a 62 percent increase in knowledge base of the subjects taught including best management practices for protecting water quality, logging safety and laws and regulations. Monitoring shows that on an annual basis a total of 26 streams (7 perennial and 19 intermittent streams) were afforded protection through the use of best management practices taught in the course. Further these logging operations impacted 1,577 acres annually and harvested 5.8 million board feet of timber providing the landowners



Chip mill located in Knox County.



Participants make crafts and play games with kids to develop and promote fine motor skills.

Family & Consumer Sciences
Parenting for Success

The teenage pregnancy rate in Knox County is among the highest in the state of Kentucky. To address the population, Knox County Cooperative Extension Service partnered with the Family Engagement Specialist for Knox County Full Service Community Schools Program through Berea College to offer a month after-school program for teenage parents and their children. Parenting for Success incorporates education lessons from Keys to Great Parenting, LEAP, Family Mealtime, and Moneywise. Participants gain knowledge and skills such as parenting skills, child development, family budgeting and money management, nutrition, food safety, poison prevention, menu planning, and much more.

At the 6 month evaluation, participants report that 100% gained new knowledge and skills that they incorporated in their daily lives. Because of an increase interest shown on the evaluation, the once a month program is now offered bimonthly.

“Knox County Extension is a value community resource that helps all people- homemakers, farmers, and children just to name a few.”

- Bill Hacker, Knox County Farmer



University of Kentucky
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Food and Environment
Cooperative Extension Service

Knox County

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