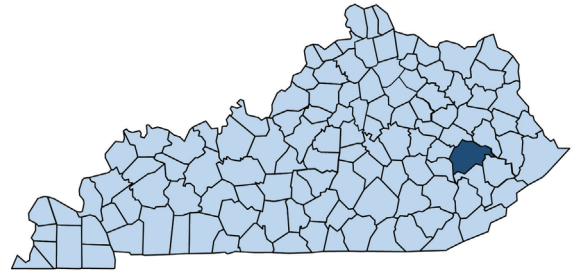


# REPORT TO THE PEOPLE



## Breathitt County 2021



**DID YOU KNOW...**Breathitt County staff and partners provided supplies to meet the basic needs of county residents.



Website: [www.breathittextension.com](http://www.breathittextension.com)



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## 4-H Youth Development



Pictured are participants of the AGTECH program along with Breathitt County 4-H visiting the Breathitt County Farmer's Market.

129

Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community

48

Number of youth who are more aware of preparing and eating healthy, local food

## Family and Consumer Sciences

According to Census Bureau Quick Facts for Breathitt County, 30% of the population live in poverty; often struggling to provide food and nutrition to their families. Breathitt County Extension, in partnership with the Robinson Center for Appalachia Resource Sustainability, and God's Pantry, came together to set up a monthly food distribution for the county. Food is delivered monthly via God's Pantry's system. The food is then boxed and distributed by Extension staff from the Breathitt County Office and RCARS.

144 households are reached each month with an estimated 400 residents of Breathitt County being positively impacted by the food distribution program. Items such as fresh produce and protein sources allow participants to provide food/nutrition for their families. A participant commented, "This really helps my family. Thank you so much for this wonderful program." The food distribution program is a way to help reduce food insecurities.

Today's U.S. consumers are three to four generations removed from agriculture and many do not have a good level of knowledge about agriculture and food production. Research conducted by Sullivan, Higdon & Sink indicates consumers know more about movies, politics, history and music than they do about food production. To increase this level of knowledge in the youth of Breathitt County, the agent for 4-H Youth Development partnered with other county extension agents and staff, along with APPHarvest and Breathitt County High School, to offer a four-day AGTECH Camp. The camp provided the opportunity to work in the APPHarvest container farm, and participate in engaging activities and experiences that focused on the importance of agriculture and nutritious foods in the community.

All 12 participants indicated after the program they had a better understanding of food production, and the importance of nutritious foods.



Breathitt County staff are seen here filling food boxes to be distributed.

280

Number of individuals reporting that they utilized delivery systems/access points (e.g. farmer's markets, CSA's WIC, Food Pantry) that offer healthy foods

210

Number of people who reported knowledge gained about the benefits of spending time in physical activity



## Agriculture and Natural Resources



Pictured is a fully stocked freezer from a beef operation in Breathitt County.

- 26 Number of those indicating an increased awareness of sustaining agriculture practices
- 225 Number of producers who incorporated best practices recommended by Extension

According to the University of Kentucky Ag Economics department the estimated gross return per cow in 2021 is \$168. With the help and guidance of Breathitt County ANR Agent one producer sought to do something different. Bring a freezer beef operation to Breathitt County. The producer and agent had an initial meeting setting goals, expectations, and forming a plan for finishing calves. A list of things to make the program successful were: forage testing, UK Beef IRM mineral, ration balancing, and extension trainings.

The producer took all those recommendations and started the new enterprise. Within the first group of calves the producer realized this would offer great potential for them. Profitability on each calf was over \$500. They are now taking the majority of the calves born on their operation all the way to slaughter. They sell the beef directly to individuals in our community. Their success has been amazing for their operation.

## Nutrition Education

In March 2020, COVID-19 hit our community shutting down many businesses. The Nutrition Education Program (NEP) addressed the need by media trainings to help NEP assistants reach their clients. The Supplemental Nutrition Assistance Program (SNAP-Ed) Assistant enrolled in these trainings to learn how to use ZOOM virtual classroom to reach clients. Having a resource to provide services to Kentucky River Community Care Solutions, is vital to their recovery process.

The Breathitt County SNAP-Ed assistant continued to provide nutrition classes through Zoom, once a week to sixteen participants at KRCC. The Healthy Choices for Every Body Curriculum was used to cover several nutrition topics including meal planning, eating better on a budget, sodium, and MyPlate. 100% of participants showed a positive increase in a food group and eighty-seven percent of participants showed an increase in their food resource management practices.



Breathitt County SNAP-Ed assistant preparing to begin for the online Zoom lesson.

- 189 Number of people reported eating more healthy foods
- 124 Number of individuals who reported an increase in their fruit and/or vegetable consumption

## Community Economic

March of 2021 was a turbulent time in Breathitt County. Residents suffered physiological losses from a devastating flood; leaving many without drinking water, a home, or a way to restore what was lost. Breathitt County agents, staff, and partners provided supplies to meet basic needs of county residents. Agents utilized an Extension-led regional distribution center to acquire resources, and managed partner-led donations.

These donations were distributed through the following programs/facilities: drive-thru, cleaning-bucket drop off, farm visits, and county fire departments. Residents received items such as drinking water, bleach, mops, and soap; while family farms received hay, seed, and fencing supplies. During the flood relief efforts 38 family farms received needed supplies, while over 250 households were reached with bottled water and cleaning supplies. Meeting physiological needs in Breathitt County was the main goal.



Shown are pallets of water the Breathitt County Extension Staff distributed to those affected by flooding in Breathitt County.

75

Number of individuals addressing community problems by assessing community needs, developing and implementing solutions

38

Number of individuals reporting improved knowledge, opinions, skills, and/or aspirations in understanding: disaster preparedness, pest management, going green, energy conservation, solid waste management, water conservation, home safety or built environment

*... just a few ways Extension supports Kentucky*

- **23,971** Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- **4,890** Kentucky producers adopting new technologies in agriculture production.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

## COOPERATIVE EXTENSION



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