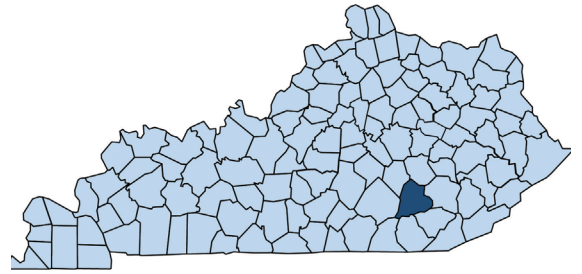


REPORT TO THE PEOPLE



Laurel County 2021



DID YOU KNOW... Laurel County had 64 hours volunteered to Extension activities in artistic skill development in 2021



Website: laurel.ca.uky.edu



Facebook: @LaurelCountyCES



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Agriculture and Natural Resources



Agent Glenn Williams checking an animal during an on-farm visit.

440

Producers reporting changed or improved pasture management practice

640

Number of landowners planning to implement one or more new best practices for soil conservation

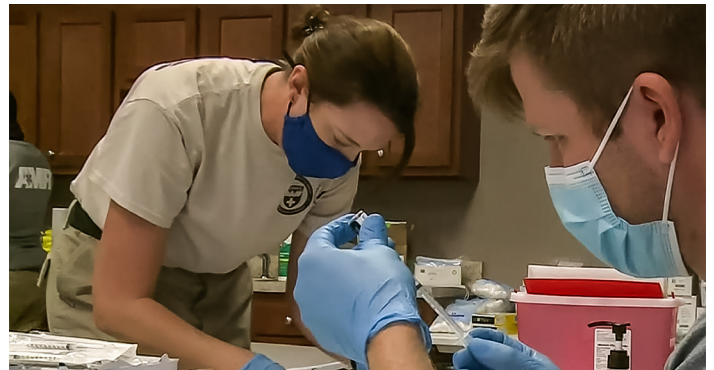
Horticulture

Seeing a broad spectrum of public response to Covid 19 and a vaccination rate of less than 25% in Laurel County, the need for a large centralized vaccination site became apparent. Laurel County Extension collaborated with FEMA, the National Disaster Medical System, Kentucky National Guard, American Medical Response, Kentucky Department of Public Health, and London City Police to convert our classrooms into a mobile Covid -9 vaccination site from April 28 through June 9.

To assure proper sanitation of our facility cleaning and maintenance schedules were developed and shifted our programs to other locations. We advertised the free vaccines in all of our newsletters and fielded calls about the clinic's procedures. The clinic administered 3,238 vaccinations. The team consisted of 49 rotating members, from 22 states, requiring lodging, meals, and recreation during their assignment, boosting to our local economy by \$310,000.

With many local farmers shifting to cattle production, Laurel County Extension and the Laurel County Cattlemens Association saw a need to provide local producers with training in the latest advances in animal reproductive science. Participants received regular farm visits over a 3 week period checking the health and status of the animals and were trained on artificial breeding and synchronized cycles. They were taught how to use embryo transfers and artificial breeding with superior genetics to improve herd health, growth rates and carcass quality, and how to shorten their calving season.

An increase in conception rates to 90%, an increase in live births, and a decrease in calving difficulties were reported. The project has grown over the past 8 years, adding 40 more area producers last year. Over 200 producers with over 6,000 head of cattle throughout Southeastern Kentucky have participated in the program.



Clinic workers preparing a vaccine

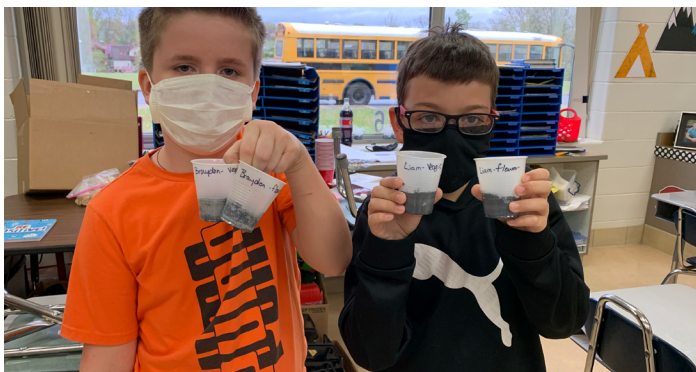
58

Number of individuals reporting a high or very high increase in knowledge (of planting, maintenance, pruning, site analysis) after participating in the program

243

Number of producers who successfully completed Kentucky Pesticide Applicator Training

4-H Youth Development



Youth explore the plant life cycle by growing vegetables and flowers on classroom windowsill as part of the Laurel County 4-H Windowsill Gardening program.

2414 youth demonstrated a skill that was learned

youth participated in 4-H programs in a variety of topic areas including agriculture, natural resources, leadership, communication and expressive arts, health, family consumer sciences, and science, engineering, and technology.

Family and Consumer Sciences

According to the CDC 30% of Kentucky adults report getting no physical activity. During the pandemic in 2020, many families were not getting physical activity and adding on weight by stress-eating. Because exercise provides a healthier life, Laurel County FCS offered a 12-week newsletter-based walking program for families who weren't currently physically active. 77 participants received weekly newsletters and incentives to engage in exercise.

Due to COVID-19 physical distance when exercising in public areas was encouraged. Results of the Couch Potato Challenge, from surveyed participants, showed 90% learned new skills and increased physical activity. 100% are more aware of the benefits of regular exercise and plan to maintain 30 minutes of physical activity most days. 70% lost weight, 44% improved one or more of their health indicators (cholesterol, blood pressure, BMI, etc.) and 87% found local places to exercise

The global pandemic made it necessary for Laurel County 4-H to transition from in-person programming to virtual clubs and activities. It also affected students at Laurel County School District (LCSD). To aid students, LCSD opened its summer school program to all providing 4-H with an opportunity to engage new teachers and youth. 4-H programs used experiential learning to enhance and reinforce youth comprehension and ability to apply new knowledge and skills.

Laurel County 4-H weekly summer-school programs reached 180 new youth in four elementary schools Camp Ground, Cold Hill, Hazel Green, and Keavy. Youth participated in a wide range of 4-H activities including owl pellet dissection, windowsill gardening, basket weaving, and printmaking. Each child received at least eight hours of 4-H programming throughout the summer. The increased need for summer programs translated to 4-H providing weekly activities to summer school youth.



Challenge participants walking together

624

Number of people reporting improved lifestyles through a focus on proper nutrition, disease and injury reduction and comprehensive health maintenance

3980

Total miles walked by program participants

Nutrition Education

The CDC reported that about 12% of adults in Kentucky meet the recommended daily intake of fruits and only about 9% meet recommended vegetable intake. Evidence shows that healthy eating and regular exercise helps to maintain good health and reduce the risk of chronic disease. Many Laurel County Senior citizens do not have the opportunity to maintain those habits due to limited income.

The Laurel County Extension Assistant Senior for EFNEP served as a distribution agent with the Kentucky Department of Agriculture to disperse over \$10,000 in farmers' market vouchers to seniors. The vouchers allowed them to buy fruits and vegetables at the local farmers' market. The Laurel County Judge Executive also donated monies once the Department of Agriculture vouchers had been allocated, benefiting farmers at the market with increased sales as well.



Lora Davidson, FCS Agent; Velma Mullins, EFNEP Assistant; Bonnie Sigmon, Horticulture Agent distributing Senior Vouchers at the Farmers Market

650

Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! recipe card

622

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

... 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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