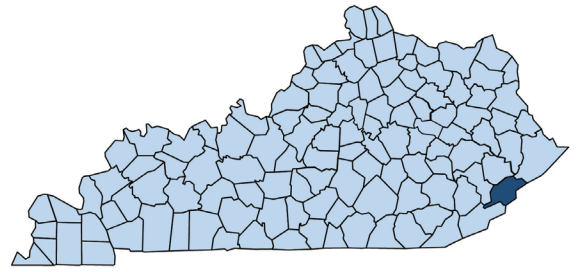


REPORT TO THE PEOPLE



Letcher County 2021



DID YOU KNOW... Letcher County has connected three counties Letcher, Pike and Harlan with the Pine Mountain trail



Website: letcher.ca.uky.edu



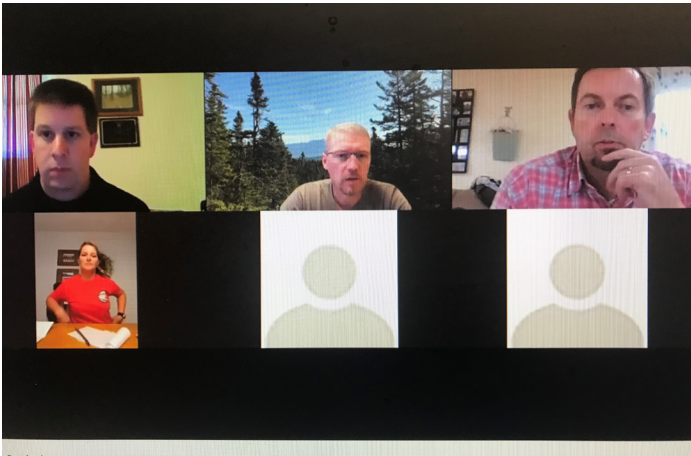
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Agriculture and Natural Resources



Mountain Ag Zoom

- 124500 Number of people gaining knowledge on establishing and maintaining pollinator habitats
- 528271 Number of people who gained knowledge in consumer and home horticulture including native plants, disease and pests, composting, site analysis, and proper maintenance

Family and Consumer Sciences

According to Kentucky by the Numbers, Letcher County has 37.8% of adults who are overweight or obese with 23.1% diagnosed with diabetes. The Letcher County Cooperative Extension Service Family and Consumer Sciences Agent presented Dining with Diabetes via zoom to adults with diabetes and/or family members responsible for meal planning and preparation.

As a result of the program, 50% reported exercising continuously for 30 minutes on 3 or more days of the week. 100% reported they cooked more meals at home and 75% utilize portion control as one way to manage diabetes. Finally, 75% feel confident they can keep their diabetes under control or help the person they care for keep their diabetes under control. Some quotes from participants include: "I have learned how much to exercise- and- to avoid starchy vegetables, eat darker color vegetables and strive to do portion control".

Letcher County offered the Mountain Zoom Series of on-line classes. The programs occurred twice a week and spanned topics such as forestry, truffles and wildlife to small ruminants, gardening, drones and drip irrigation and disaster preparedness topics on emergency water, first aid and fire safety. Partners included specialists from land-grant Universities in Kentucky, Virginia, & North Carolina, state agencies as well as community leaders.

So far, 75 classes have been offered to over a thousand participants live, with double that count viewing on YouTube. The programs have also been provided to others through the government channel, which has a viewership of 88,000. Participants have reported implementing multiple disaster preparations such as having a three-day supply of emergency water, food and medical supplies, updating smoke detectors and checking fire extinguishers.



Dining With Diabetes

- 1331 Number of program participants reporting adoption of physical activity practices
- 120 Number of individuals who feel confident they can keep their diabetes under control or help the person they care for to keep their diabetes under control

4-H Youth Development



2020 Food and Culture Series, Eli Cornett ,
Oriental Vegetable and Noodle Soup

500

4-H Empowering Youth To Reach Their Full Potential to Succeed in Today's Global Society

450

4-H Developing Leadership and Volunteer Skills for Engagement with Community, Country and the World

2020 Food & Culture Series consists of six lessons, each focus on a country from around the world. Each lesson covered aspects of geography, language, the flag, arts and humanities, music, and food. Students received an interactive packet each lesson and had opportunities to practice art and writing. The packets also included SNAP-Ed recipes that somewhat related to a cultural food or main agriculture crop of that country.

Current times in our country, world, community situations, and curriculum needs, much of the population indicated the need for youth to learn about other cultures and how to respect differences. Diversity is so important today and children from Letcher County rarely could travel other places and learn about the food, language, traditions and communities around the state, country and world. As an opportunity to gain knowledge and teach respect of other cultures.

Community Economic Development

Twenty-two years ago, the Cooperative Extension Service helped launch a simple footpath along Pine Mountain. At the time, the thought was that it would serve as a nature-based tourism catalyst. With the project recently achieving a 60-mile milestone by connecting the Breaks Interstate Park in Pike County to the Kingdom Come State Park, it seemed fitting to recognize the unexpected payoffs. The trail has become a nature classroom, with Master Naturalists, many school groups and 4-H Clubs using its scenery and diversity of plant life to teach future Kentuckians the value of our mountain landscapes. It has been used as a volunteer project for those recovering from addiction. It has served as the regional focus for the Kentucky Trail Town Initiative, where communities connect to the Pine Mountain Trail. Letcher County Tourism has written \$1.4 million in grants that are related to the program, of which \$135,000 has been currently awarded.



A Tourism Economy Catalyst

3507

Number of participants involved in community trail projects

4160

Number of volunteers hours devoted to trail development

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



Twitter: @UKExtension



YouTube: @UKAgriculture

... 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.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *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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