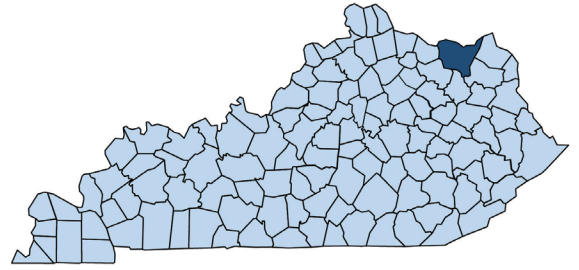


# REPORT TO THE PEOPLE



## Lewis County 2021



### DID YOU KNOW...

Lewis County 4H Shooting Sports 9-11 team .22 rifle team won state this year!



**Website:** <https://lewis.ca.uky.edu/>

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## Nutrition Education



### LEAP

- 41 Number of participants reporting intention to eat more fruits
- 41 Number of participants reporting in intentions to be more physically active

## 4-H Youth Development

The COVID-19 virus closed many businesses and placed a strain on health care providers worldwide creating a high demand for personal protection equipment. Items such as isolation gowns were not available. Primary Plus asked if we had anyone that could sew isolation gowns for their offices in Lewis and the surrounding counties. The Health Department, having the same problem, ask if the volunteers would sew gowns for them.

Primary Plus and the Health Department provided fabric and supplies to make the gowns and Trace Creek Construction printed and donated 40 patterns. Approximately 36 volunteers complete about 792 hours of sewing, with an estimated worth of \$17,699.64. Providing the gowns to Primary Plus and the Health Department made it possible for them to provide workers with isolation gowns which protected them from getting sick and enabled them to continue to treat those that are sick.

Fast food and busy schedules create health problems with children in Kentucky. The Data Resource Center for Child & Adolescent Health reports 37% of children 10-17 are overweight or obese throughout KY. Roughly 10% of children report no physical activity. Only approximately 30% report activity daily. The Lewis County NEP Assistant worked with the Lewis County School System to present the LEAP program to children, ages 5-7 hoping to improve their health to avoid becoming part of these statistics.

In six meetings, 41 students received information on nutrition, physical activity, healthy snack options and food safety using the LEAP curriculum. Students were provided fruit snacks including oranges or tangerines, kiwi or apples. They played fun and active games to promote movement. Students showed a 71% improvement in identifying healthy physical activity. 63% of students improved in identifying healthy food options.



Homemaker display finished isolation gowns

- 8 Number of those who are comfortable addressing community issues through local leadership
- 5 Number of those who take time to recruit and engage people to undertake community projects



## Agriculture and Natural Resources



### 2021 Hay Production

- 100 Number of people who gained knowledge of forage production, management and/or profitability which could include species, best management practices for species, forage harvest and storage, pasture renovation
- 100 Number of producers who conducted hay testing

## Family and Consumer Sciences

Lewis County has about 7 percent of the adult population diagnosed diabetic. The Lewis County Extension Office hosted the National Dining with Diabetes program. Most in-person programming had ceased due to the coronavirus pandemic, The program featured four separate Zoom classes, with each meeting focusing on one aspect of managing diabetes and healthy nutrition. Nine individuals participated in the Dining with Diabetes program. Participants shared personal struggles with diabetes while learning basic nutrition, reading labels, and understanding health numbers to manage their disease.

Prior, the group average A1C was 6.9, at the 3-month follow up the average A1C dropped to 6.25. 100% of participants indicated increase in knowledge of basic nutrition. In the follow-up, participants indicated they were still incorporating information learned by adding exercise into their day, practicing portion control, and reading labels more closely.

During the COVID pandemic, the District 1 ANR Agents hosted an educational series. A seven series Master Haymaker program was developed and offered in winter of 2021 using Zoom. Topics covered: weed control in forages, producing quality hay, warm and cool season forages, soil fertility, marketing hay, machinery options for hay production, and the production of baleage. Of the 124 participants, 116 joined via ZOOM.

Of the participants surveyed, 79% stated they gained knowledge from the series. Approximately 10% had never soil tested before, but plan to start, 72% plan to test their hay. Farmers have reported practice changes as well, two made changes to their fertility management, from using 200 pound of 10-10-10 to following a soil test recommendation, three adjusted the height on their mower to four inches, one farmer applied large rock to their hay storage facility and two farmers are utilizing herbicides to control weeds.



### Dining with Diabetes

- 2 Number of volunteers who practice personal and interpersonal leadership skills in clubs, schools and community outreach
- 2 Number of volunteers addressing community issues by assessing needs, developing programs and/or implementing solutions

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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*... 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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