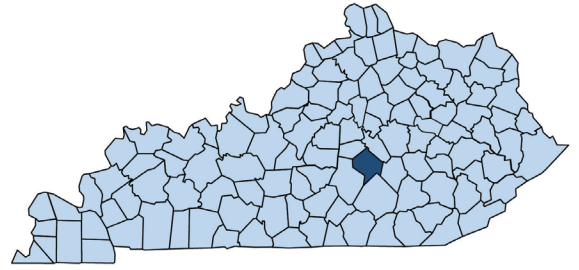


REPORT TO THE PEOPLE



Lincoln County 2021



DID YOU KNOW... During the pandemic, our office distributed more than 9,000 free educational kits.



Website: <https://lincoln.ca.uky.edu/>



Instagram: @lincolnco4h

For More Information, Please Contact us at:
Lincoln County Extension Office • 6063652447 • lincoln.ext@uky.edu
104 Metker Trail, Stanford, KY 40484

4-H Youth Development



4-H Agent Courtney Brock “presenting” educational content in a new virtual format.

900

Number of youth who were educated on health and well-being through 4-H programs

788

Number of youth who indicated they made healthy lifestyle choices as a result of what they learned through 4-H pro

Agriculture and Natural Resources

I had the wonderful opportunity to host the 2021 KFGC State Field Day. The host farm was a well-kept, clean farm that was more than willing to serve as the host. I had worked with this farm before, but this had only strengthened our relationship.

I used this opportunity to serve as a CAIP educational event. We had the cattleman’s cook and serve the food. Four specialists from the University came and delivered timely information to a whopping crowd of 175 people from multiple counties. This was a great day with lots of information presented. The next day I had people from all over calling in the office telling how good of a field that that was and how much they enjoyed it. I even saw a birthday cake with a lit candle amongst a small crowd gathered around a hay wagon! Good times were had by all.

As Lincoln County schools began welcoming youth back into classrooms, teachers requested a handwashing program from Lincoln County 4-H. A hybrid program was created with drop-off kits and video instruction. The 4-H Handwashing Program included an educational video utilizing CDC recommendations and Glo Germ visual demonstrations. Youth received a 2 oz bottle of Lincoln County 4-H branded hand sanitizer. All in-person youth in grades 3, 8 participated in the program, which was approximately 1,250 students. At the conclusion of the project, teachers were sent an evaluation to administer to students. The feedback indicated the following: 72% are more thoughtful about washing their hands after participating in the program; 63% always use hand sanitizer after touching shared surfaces; 89% always cover their mouths when coughing or sneezing.



Forage

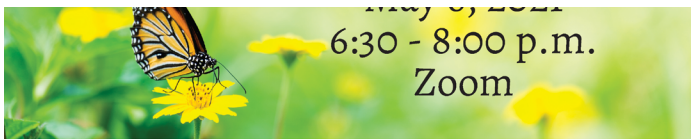
500

Number of people who collected soil samples for testing

150

Number of producers who conducted hay testing

Family and Consumer Sciences



Drug addiction is a devastating disease affecting individuals, families, and entire communities. Despite the fact that much research has been conducted on addiction, it is often not well understood. Frequently, people will want to know “Why don't they just stop?”

Join us as Dr Alex Elswick provides an overview of what addiction is, what causes addiction, how people recover from addiction, and what families and friends can do to help. In addition, learn about Casey's Law and hear from a panel of professionals in the field of substance

Register in advance:
<https://tinyurl.com/wr7s8pvb>

After registering, you will receive a confirmation email containing information about joining the meeting



Substance Use Prevention & Recovery

15

Number of community partners that have gained awareness of the problem and impacts of substance use in the community as a result of Extension efforts

50

Number of program participants who intend to change behavior to use destigmatized language

Nutrition Education

In summer 2021, a nutrition class was held at Crab Orchard Elementary. For the first time in over a year, in-person programming was possible, but could not involve sampling foods. With the help of the Family Resource Center, I was able to provide a series on cooking and food safety for 70 kids in kindergarten through 5th grade. The Superstar Chef curriculum was used and a healthy recipe was demoed every week. The FRC coordinator then worked with the school cafeteria to give out the ingredients for the healthy recipes, so that the students could make the meals at home. The kids loved coming back each class and discussing what they had made and new foods they had tried. According to entry and exit evaluations, the K-2nd grade group showed a 72% improvement in their responses to dairy group foods and 72% improvement in food safety questions. 58% of 3rd-5th graders improved veggie consumption, and 53% reported drinking less soda.



Cooking Class at Crab Orchard Elementary

200

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

200

Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label

Substance use and substance use disorder are pervasive public health problems in the United States, and specifically, in the state of Kentucky. In the year since the beginning of the Covid-19 pandemic, the U.S. suffered a record 88,000 overdose deaths (CDC, 2021). Kentucky counties have seen increases in hospitalizations, infectious diseases, non-fatal overdoses, and other complications related to drug use, all while leading the nation in incidence of Hepatitis C (KIPRC, 2020). In response to these growing problems, Extension Agents convened an evening addiction education session for local communities. Collaborating among counties, Family and Consumer Sciences Agents convened community leaders and stakeholders to discuss the nature of the addiction crisis and to explore solutions. Local county prosecutor, treatment providers, and even individuals with lived experience joined a panel discussion to help participants better understand

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



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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



University of Kentucky Cooperative Extension

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