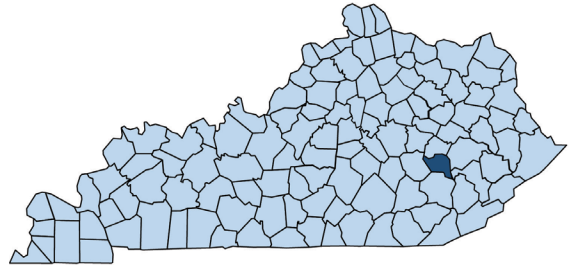


# REPORT TO THE PEOPLE



## Owsley County 2021



### DID YOU KNOW...

Owsley County distributed over a 1,000 Extension-To-Go Bags in 2021.



Website: [owsley.ca.uky.edu](http://owsley.ca.uky.edu)



Facebook: @OwsleyCountyExt

**For More Information, Please Contact us at:**

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## Family and Consumer Sciences



Health Department partners teaching car seat safety for Parent Academy.

8

Number of individuals reporting improved parenting skills

8

Number of participants who attended parenting-related programs not identified as a major program. Major parent-related programs include: Parenting a Second Time Around, Grandparents as Parents, Nurturing Parenting, and Nurturing Fathers

## Horticulture

Farm diversification has become a must to compete in the ever changing marketplace of agriculture. Owsley County Cooperative Extension Service conducted a workshop to help farmers diversify their operations and find resources to assist in developing infrastructure at their operations. Owsley County Cooperative Extension, Natural Resources Conservation Service and Kentucky Sate Small Farm Program worked with farmers to obtain High Tunnels and other Projects that would help them to Diversify. As result of these efforts nineteen farmers received High tunnels, and ten farmers received grants from the small farm program for projects ranging from building cooling systems for their produce to setting up a portable grist mill for a total of more than \$240,000.00 granted at minimal to no cost to the farmers.



A look inside a High Tunnel that's in production in Owsley County

29

Number of producers reporting increased profits and/or reduced risk due to farm management strategies learned through Extension programs

70

Number of producers that implemented sustainable practices as a result of participating in Extension programs

According to the 2018 data provided by Kentucky Youth Advocate Kids County, over 48% of Owsley County children live in poverty and over 47% are not ready for kindergarten. In Owsley County, teen births are higher than the state average (30.2: 28.2) and over 45% of pregnant women smoke during pregnancy (18.7 average in Kentucky). The Owsley County Extension Service collaborated with the local Health Department and KRCC to conduct a six-part series via Zoom, with one session held in person, titled Parent Academy. The program addressed prenatal, delivery, infant health and safety, parenting, nutrition, and access to health and child development services. The program was advertised in the local newspaper, on social media, and newsletters. New and expectant parents attended six sessions. Fifty percent were first time mothers. A pre and post evaluation was conducted. The greatest increase in knowledge was on the benefits of breastfeeding.

## Nutrition Education



Sherry Becknell, EFNEP Assistant and Tracey Turner, SNAP Assistant distributing reinforcement items to program participants.

**80** The percentage of adults who completed the program showed an improvement in diet quality, physical activity, and food resource management.

**15** The number of participants that improved their diet quality, physical activity, and food safety knowledge by more than 50%

## 4-H Youth Development

In today's technologically advanced society, basic life skills such as sewing has become a lost art. Sewing is a discipline that helps develop self-esteem, confidence, focus, patience, fine motor skills, problem solving, process thinking and visualization. The Owsley County Extension Service through the dedication of an Extension Master Clothing Volunteer has presented hands-on sewing programs to over 200 adults and youth with 565 volunteer hours donated. During COVID with the help of our Master Clothing Volunteer, our Extension Service provided 4-H Sewing To Go bags to 4-H participants. They have learned basic sewing skills to construct pillows, travel bags, table runners, pajama pants, made their own outfit and activity mats for Alzheimer's patients. In a post evaluation, 100% of participants learned new sewing skills, 90% have used the sewing skills learned at home and 100% will continue to participate in sewing to sharpen their skills.

The Owsley County Nutrition Education strives to provide programming and education to help limited resource individuals live a healthy lifestyle. Despite the challenges of the COVID-19 pandemic, 15 adults completed the Healthy Choices for Every Body series. Because of the COVID-19 pandemic, virtual classes were conducted, and Facebook posts were shared highlighting nutrition education resources. Nutrition assistants partnered with community agencies throughout the county to combine education materials along with food box distribution.



Carly & Delaney Smith showing off the beautiful pillows they made.

**15** Number of youth who participated in education related to Family and Consumer Sciences

**15** Number of youth who completed a 4-H Family and Consumer Science Project

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



**Website:** [extension.ca.uky.edu](http://extension.ca.uky.edu)



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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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