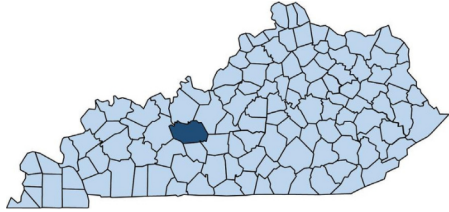
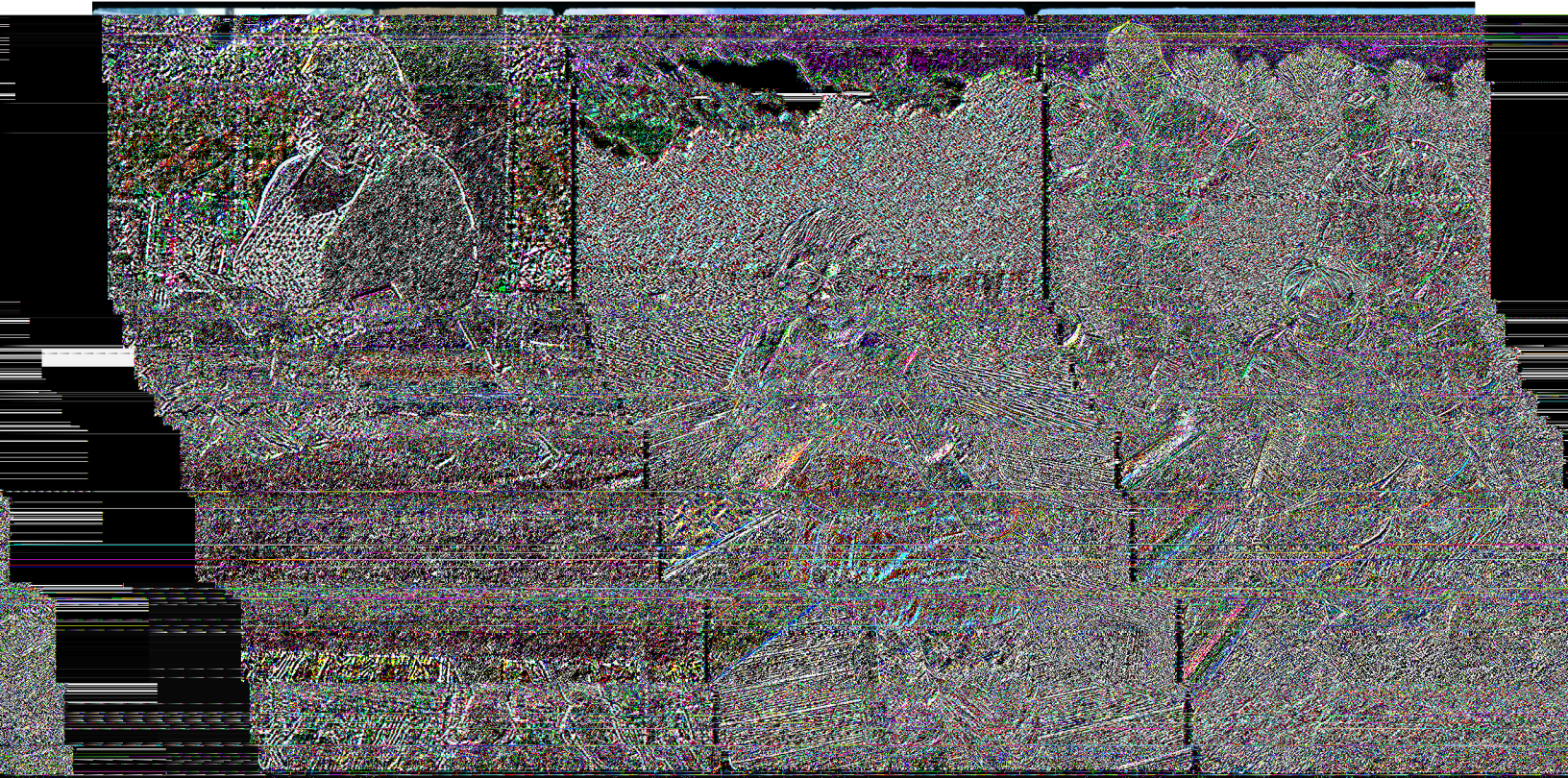


REPORT TO THE PEOPLE

Grayson County 2023



DID YOU KNOW? Grayson County is home to over 26,000 residents and covers over 499 square miles!



Website: grayson.ca.uky.edu



<https://facebook.com/graysoncountyces/>

4-H Youth Development



For the second year in a row, Grayson County 4-H has had a significant increase in camper participation increasing from 65 beds filled in 2022 to 101 filled for the summer 2023 summer

program. It's increase 87 campers, 8 CWS/foos, 10 adult leaders, and 1 agent. This is the highest participation ever had. Important factors that have led to the increase: 1) 2023 budgets for the 1/5% educational

program to cover some of the cost of the program. The 2023 budget was \$76,000. The 2022 budget was \$76,000. The 2023 budget was \$76,000. The 2022 budget was \$76,000.

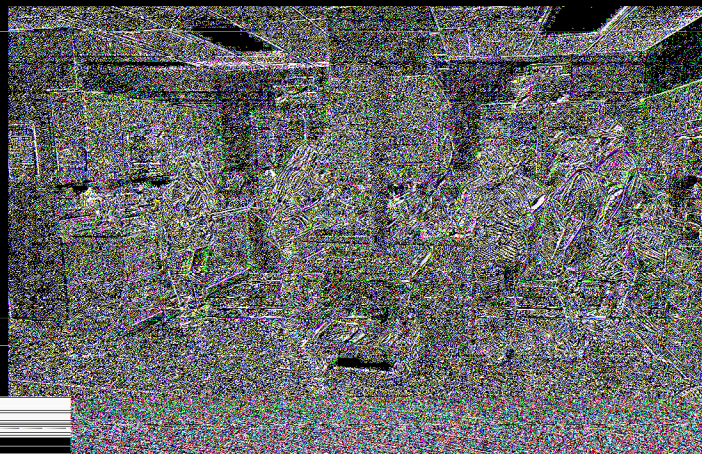
Number of youth who served as group leaders or officers

366

Number of youth who served as group leaders or officers

Family and Consumer Sciences

Many individuals and families have had a renewed interest in food preservation in the past few years. Some are turning to the internet for instruction, but much of what is on the internet is outdated or just wrong. Safety when preserving food should be priority and research-based methods should always be used. With this in mind, the Grayson County Extension Agent for Family and Consumer Sciences implemented several food preservation workshops in June 2023. A total of 33 participants were reached through 5 different



Participants demonstrated hands-on canning techniques.

22

Number of individuals who reported improved skills in canning

reporting a new skill to canning

Number of classes were conducted, 2 water bath and 2 pressure canning classes. After attending the various food preservation workshops 89% of participants reported they could identify safe, research-based methods of home food preservation and share the information with others.

Individuals who reported improved skills in canning

Number of individuals who reported improved skills in canning

One of the main challenges with small ruminants

weather, pasture availability and growing and climatic resistance. The use of the I-AMACA-FAO system allows small ruminant producers to make selective deworming decisions based on an estimated level of anemia in sheep and goats affected by barber pole worm infections. AVR agent partnered with the

veterinarians to conduct the program. Several participants attended the farm-hour training hands-on session allowed participants to use I-AMACA-FAO cards to check for anemia and

300 Number of Master Gardener hours completed in the county

50 Number of people who increased profits, reduced expenses, and/or reduced risk

Nutrition Education

Childhood obesity presents a serious health problem, one that can potentially plague children for the rest of their lives. Some of the negative health outcomes associated with childhood obesity include diabetes, high cholesterol and blood pressure, joint pain, asthma and sleep apnea, and non-alcoholic fatty liver disease. On average most children are spending 7.5 hours a day of screen time, rather than being physically active. In an effort to combat this problem, the Senior Nutrition

Education of Grayson County, VA recently taught a series of nutrition classes in three

kindergarten classrooms at Louisa Elementary

and demonstrated the importance of

choosing healthy snacks and beverages

for children. The program was a success

and resulted in a 96% increase in

students who could identify dairy foods

and a 96% increase in students who

could identify healthy snacks

and beverages. The program was a

great success and resulted in a 96%

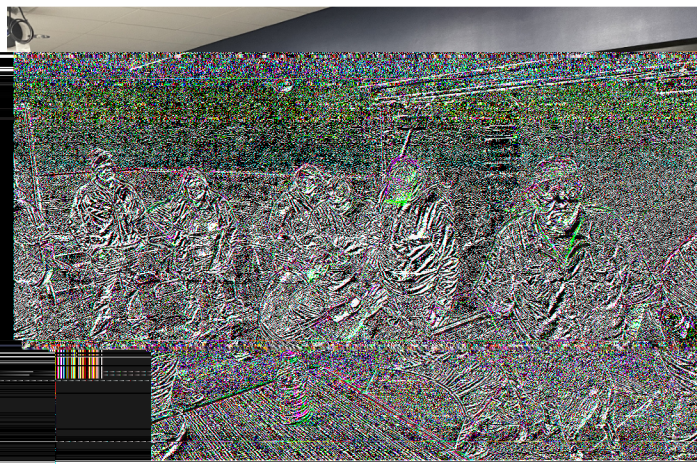
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dairy foods and a 96% increase in

students who could identify healthy

snacks and beverages. The program

was a great success and resulted in a



Participants in a hands-on training session using the I-AMACA-FAO card.

Participants were able to receive their certification and take information back to their farms as it refers to deworming and parasite management.

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LEAP

LEAP FOR HEALTH

necessary tools and skills to teach children about nutrition, food, healthy eating habits, food safety, food safety and being physically active.

Target Audience: Children and adolescents ages 5-18 through 8th grade

Program Delivery: The program's focus is on providing nutrition education

Promotional materials for LEAP program were distributed throughout the county.

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33 Number of individuals who demonstrated safe food handling and preparation and/or preservation of food.

200 Number of participants reporting intention to have

confidence in their physical activity level

recognizing healthy snacks, a 96% increase in students who could identify dairy foods

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

537 people reported increased confidence in their leadership abilities through KY Extension Leadership Development (KELD)

259 empowered individuals engaged in coalitions or organization to address a significant community issue.

46 Counties engaged in community health coalitions

4987 individuals reported a new skill to prepare themselves for the workforce.



University of Kentucky

COOPERATIVE EXTENSION

5-407 Ag Science Center North