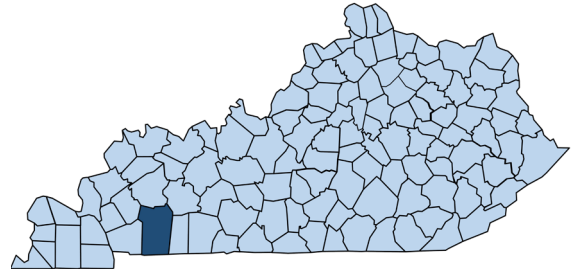


# REPORT TO THE PEOPLE



## Christian County 2021



**DID YOU KNOW...** 46,200 acres of farmland  
yield over 3,000,000 bushels of wheat annually in Christian County



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



**Facebook:** @ChristianCountyCES



**Instagram:** thechristianco4h



**YouTube:** Christian County 4-H

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

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## 4-H Youth Development



Preparing Graduates for Financial Stability

**1033** Number of youth who indicated they made healthy lifestyle choices as a result of what they learned through 4-H programming (PRACTICE)

**493** Number of youth who participated in project, activity, or event for science, engineering, and technology projects (PRACTICE)

## Agriculture and Natural Resources

The 2021 Kentucky Haiti Benefit Auction was part of a much larger 7 state effort of the Haiti Benefit Auction of Pennsylvania. The HBA of PA has been hosting auctions for many years as part of an effort to provide the Haitian people relief from poverty and extreme living conditions. On May 14th and 15th of 2021, the Christian County Cooperative Extension Service was privileged to host the 11th annual KY Haiti Benefit Auction. The first night of the auction saw nearly 1,000 people come to participate in a free fish fry, entertainment, and auction. Day two of the auction saw another 1,000-1,250 people. At the conclusion of the auction over \$300,000.00 was raised to support the Haitian people. The HBA of KY had seen the auction grow 10-15 thousand dollars for the past ten years. With the new venue and support from the local community the auction grew over \$100,000.00 in 2021.

In 2020, Money Sense for Graduates was created to provide high school seniors with the tools necessary for them to be successful as they leave high school and begin to take on more financial responsibility. Due to its success, Money Sense for Graduates was offered again in 2021 but in a virtual format due to COVID-19 restrictions. Seniors from both public high schools participated in a series of lessons that covered topics from banking to spending habits that were featured through recorded videos, podcasts, and publications. In partnership with this program, 4-H Youth Development agents taught Banking 101 in which students learned how to write checks, selecting a financial service provider, balancing a checkbook, and other basic banking topics. To gauge the comprehension of the lesson materials, students were asked to complete a survey at the end of the lesson. On average 74% of the students answered the questions correctly.



Facility Set Up for Haiti Benefit Auction

**150** Number of people who recognize methods to reduce risk and improve farm profit

**425** Number of clientele increasing agriculture awareness due to Extension Programming

## Horticulture



### Horticulture Webinar Wednesdays

**1187** Number of Master Gardener hours completed in county

**477** Number of direct contacts made by Master Gardeners

What began as a short-term project for in-person programming during the pandemic, has become a highly attended weekly horticulture program. A team of Kentucky Horticulture agents recruit experts to present short horticultural topics to the public and answer questions. All presentations are recorded, edited, and posted to KentuckyHortNews.com. The live program, advertised via social and traditional media, draws viewers from across Kentucky, the U.S., and internationally. Viewers include Master Gardeners achieving Continuing Education Credits, Extension agents earning in-service credits, farmers fulfilling CAIP grant requirements, and others who enjoy learning trusted horticultural principles from a researched-based land grant university. Recorded presentations are also available at <https://www.youtube.com/c/HorticultureWebinarWednesday> which has 321 subscribers and over 16,000 views. Many have commented how much they appreciate the programs.

## Family and Consumer Sciences

Prior to the 2020-2021 school year, local Family Resource Youth Service Center directors reached out to the Family & Consumer Sciences and 4-H Youth Development agents to assist in providing programming to students that could not be fulfilled through traditional means due to COVID-19 restrictions. In response to the request, a video series of engaging, interactive lessons covering a variety of hygiene lessons was developed for students in second through sixth grade. Lessons covered: handwashing, masks & social distancing, spreading germs, oral health, and body care. For many of the hygiene lessons, permission was given to use video resources from the University of Kentucky Family & Consumer Sciences. Agents used a variety of technology platforms to produce, publish, and distribute materials. Links to each video were sent to Family Resource Youth Service Center directors for distribution to teachers.



### “MOVE, LEARN, KNOW”

**756** Number of program participants reporting adoption of physical activity practices

**1551** Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! Kentucky Proud recipe card or sampling a recipe.

## Nutrition Education

According to the 2020 report by the Kentucky office of drug control policy, "...substance abuse remains one of the most critical public health and safety issues facing Kentucky." Studies indicate that 88% of people who struggle with chronic substance abuse disorders have poor appetite and diet quality.

The SNAP-Ed assistant taught the Healthy Choices for Every Body curriculum at a local recovery center. The residents were taught nutrition, meal planning, food safety, reading food labels, budgeting and increasing physical activity in the hope that this would help with the clients transition to a healthy life. One hundred and thirty-four (134) residents participated in the classes with 65 of them graduating. Ninety-two percent (92%) of participants showed improvement in one or more diet quality indicators, 95% showed improvement in one or more food resource management practices, and 52% showed improvement in physical activity behaviors.



### A Healthy Transition with Nutrition

696

Number of individuals reporting improved parenting skills.

1197

Number of participants who attended parenting-related programs not identified as a "major program".

## *... 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.
- **3,898** 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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