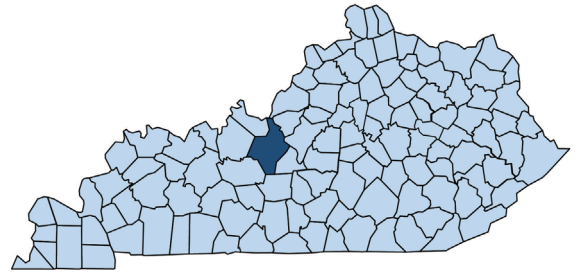


REPORT TO THE PEOPLE



Hardin County 2021



DID YOU KNOW... Hardin County WALKTober participants logged more than 16 million steps during October 2020.



Website: hardin.ca.uky.edu



Facebook: Hardin County Cooperative Extension Service

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Family and Consumer Sciences



WALKTober participants were all ages. This little one was logging steps outside just after her first birthday. Pets were invited too!

1091

Number of residents indicating a willingness to support local food markets as a result of awareness raised through Extension programming

511

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

Horticulture

What began as a short term stop-gap for in person programming during the 2020 Pandemic, has become a much-attended weekly horticulture program. Weekly Wednesday webinars present a 30-45-minute horticultural class to the public, with a live question and answer session at class end. The live program, advertised via social media and traditional media outlets by agents and specialists, draw viewers in from across Kentucky, the US, and internationally. Since the second season began in February 2021, 2,324 attendees have participated in the twenty two weekly webinars. Participants often respond to the question, “what did you learn?” with answers like, “too much to list! This was fantastic! Thank you for scheduling!” There is an average of 80-90 participants each session. Some of the most popular titles included Homegrown Tomato Troubleshooting, Top 10 Trees for KY, Check Your Crevices, Non-Nuclear Weed Control, and New Plants for a New Year.

After noticing that physical activity seems to slow down once summer ends, the Family and Consumer Sciences program wanted to promote walking past traditional “summer” hours. That started the WALKtober challenge. The intent was to encourage individuals to continue getting their steps in through fall and beyond. In the 30 days that steps were tracked, 77 participants logged almost 16 million steps. At 15,884,660 steps, participants logged an average of 206,294 steps per person. This is an estimated 7,942 total miles, or 3.4 miles per person, per day. Comments were made on how the challenge motivated individuals to walk more than normal. More than half of the participants reported an increase in both physical and mental health. One participant has continued the habit, and has now been able to stop taking three different medications and has maintained good blood pressure. Multiple people asked for future similar challenges.



Monthly advertisements were printed and boosted on social media to garner attention for the webinars. Many participants returned for multiple webinars.

945

Number of volunteer service hours completed by Extension Master Gardener Volunteers in the county

2701

Number of direct contacts made by Master Gardener volunteers

Agriculture and Natural Resources



The Dirt 2 Dollars podcast can be downloaded onto a mobile device from Apple, Spotify, or

- 246 Number of producers who plan to adopt one or more fertility management recommendations
- 75 Number of producers adopting improved hay storage practices

Nutrition Education

Over the last year, families have been impacted by the coronavirus with some families struggling to maintain steady incomes from sudden job loss. To meet this ongoing need of the communities, a family and consumer science agent with Kentucky State University (KSU) in Hardin County developed a program called Healthy Bites geared towards targeting limited resource audiences that needed some ideas on stretching their food dollars and preparing healthy meals for their families. 775 Grab and Go bags were filled and delivered to local soup kitchens, Feeding America, and various other community organizations to deliver newsletters filled with heart healthy recipes, information on how to read nutrition food labels, and money saving tips. A 5 part video series received about 1,590 views online. A newsletter was also developed that was read by 5,670 people. 90% of participants say they have used a newsletter recipe and enjoyed the knowledge.

ANR Agents in Hardin, Grayson, and LaRue counties were looking for ways to reach the young farmer population, a group that can be difficult to reach in the current educational methods. In research conducted by Nielson, over 50% of the American population have listened to a podcast, and the average listener age is 12-24. Agents realized it would be a good way to bridge Extension education into a conversational format that farmers could listen to anytime. Located in the near west/central Kentucky area, the three agents have common goals and agriculture areas, so the podcast was developed to cover topics related to the tri county area. Uniquely enough, the podcast launched as COVID-19 was beginning, so the means to relay information outside the office was needed. The local radio station has picked the podcast up and plays it each Saturday, which has had a huge impact. To date, there are 4633 downloads, in 365 cities and 19 countries.



Bags like the one seen above were distributed to Hardin County residents as a means to reach

- 40 Number of individuals who reported eating foods for the purpose of improving their health
- 328 Number of individuals who report preparing more healthy home cooked meals

4-H Youth Development

Recently, the Hardin County 4-H program was approached by one of the local elementary schools about beginning a 4-5th grade school enrichment program to highlight 4-H and agriculture. The school sits in one of the most rural areas in the county and the principal wants students to have a greater understanding of agriculture. The focus were hands-on agriculture activities related to poultry, beekeeping, equine, wildlife, gardening, dairy, and more. Projects ranged from making homemade butter and making the connection to the importance of dairy farms; chick incubation and how poultry is Kentucky's #1 agriculture commodity; dissection of owl pellets and an awareness of wildlife; determining stride lengths of thoroughbred horses and the connection between the horse racing industry and KY's economy. The program was offered virtually for 21, but has begun in person for the 21-22 year, with hopes to offer this to all 415 students in the school.



A 4-H student uses skills learned in her 4-H club to make a meal at home after a virtual program on food safety and preparation.

100

Number of youth who indicated they learned about healthy food choices through 4-H

100

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

... 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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