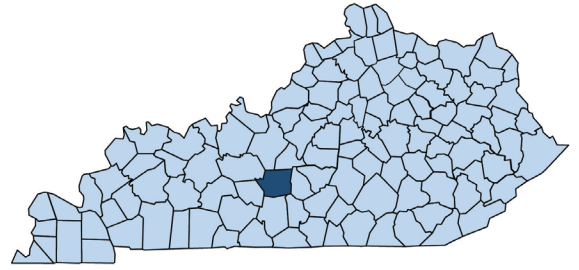


# REPORT TO THE PEOPLE



## Hart County 2021



**DID YOU KNOW...** The average size farm in Hart County is 132 acres and operated by farmers age 35 to 64.



**Website:** <https://hart.ca.uky.edu>



**Facebook:** Hart County Cooperative Extension Service

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**For More Information, Please Contact us at:**  
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## Family and Consumer Sciences



Janey Cline, Family and Consumer Science Agent, teaches a lesson using the Literacy,

- 37 Number of individuals who reported increased levels of understanding in the areas of: clothing care, clothing repair (sewing on a button)
- 37 Number of individuals who gained knowledge related to financial management

## 4-H Youth Development

The Hart County High School 4-H Teen Leadership Club focuses on leadership and community service projects throughout the year. The club formed a community service committee to look at the needs of our community. The committee reported that due to many citizens being out of work due to the pandemic the need for volunteers to support and help with the Abundance from the Hart Food Bank was greatly needed. Volunteers were needed to unload trucks of food and package food items for those in need to pick up from the food bank. The Hart County 4-H Teen Leadership Club partnered with the Abundance from the Hart Food Bank to help unload and package food each month at the Munfordville Baptist Church. Over 40 4-H members throughout the year unload over 28,000 pounds of food each month to over 550 families in need of food. This past year 4-H teens helped to distribute over 275,000 pounds of food to 524 families.

Poor nutrition and physical inactivity are tied to obesity. Recent research shows that among U.S. children ages 2 to 4, nearly 14% were overweight and 13.5 were obese. Obesity has been shown to contribute to major health issues including high blood pressure, type 2 diabetes, elevated blood cholesterol levels, low self-esteem, negative body image and depression in children. To address these concerns, the Hart County Family and Consumer Sciences Agent collaborated with the Hart County Head Start to offer the LEAP for Health program to 14 pre-school students. Lessons focused on teaching children about nutritious foods, healthy eating habits, food safety and being physically active. As a result of the program 100% of the children were able to recognize physical activity, healthy snacks, and 98% were more willing to try new fruits and vegetables.



Hart County 4-H members are shown unloading one of the trailers filled with food to be distributed at the Food Bank.

- 117 Number of youth who participated in education related to family and consumer sciences (KOSA)
- 172 Number of youth who participated in college and career educational programs (KOSA)

## Agriculture and Natural Resources



Participants in the Kentucky Masters Logging Continuing Education Program completed their training virtually due to the ongoing COVID-19

150

Number of people who collected soil samples for testing

43

Number of people who updated spray program to reduce the risk of developing resistance

## NUTRITION EDUCATION

Prior to the COVID-19 pandemic according to 2019 data from the Feeding America website, one in seven Kentuckians were food insecure and those aged 50-59 had the highest rate of food insecurity in the nation. During the pandemic, demand on food banks significantly increased as families faced layoffs and cutbacks at work. In response, during the 2020-2021 program year, 78% of SNAP-Ed and EFNEP Nutrition Education Program (NEP) Assistants reported partnering with local food banks to share recipes, newsletters and other materials and resources in food boxes. One SNAP-Ed Assistant reported delivering 100 Emergency Food Assistance cookbooks, 1,250 healthy and easy recipes, 300 Seasoned newsletters and 200 Healthy at Home newsletters to a local food pantry. A recipient said, "I was so happy to see recipes in my food box. Sometimes it's hard to think of ways to use some things you receive. These recipes will help me prepare healthier meals when feeding my family. Thank you." By partnering with food banks, NEP was able to reach hundreds of families throughout Kentucky.

The Kentucky Master Logger program is a comprehensive state wide education and training program for timber harvesting professionals. The program is designed to enhance the logger's ability to operate efficiently within the framework of constantly changing environmental and safety regulations. Kentucky Master Loggers feed the \$13.87 billion forest industry in Kentucky. Hart County currently has 89 timber harvesting professionals.

To enable the Hart County professionals to receive the required training and certifications locally, Hart County Cooperative Extension hosted a Kentucky Master Loggers training in February. Master Loggers gathered at the Hart County Fairgrounds to participate in the program. As a result of this training 27 timber harvesting professionals were able to obtain knowledge in the areas of environmental protection, safe logging practices, and education in laws and regulations impacting the industry.



# 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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**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



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