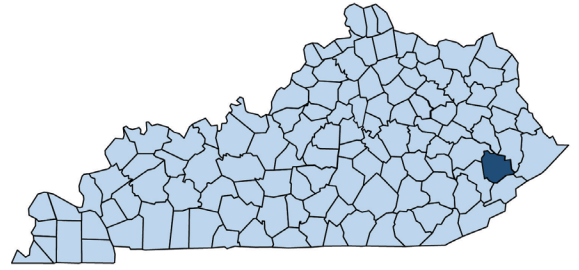


# REPORT TO THE PEOPLE



## Knott County 2021



**DID YOU KNOW...** Knott County provided 50,000 pounds of fresh produce during the 2020 Pandemic



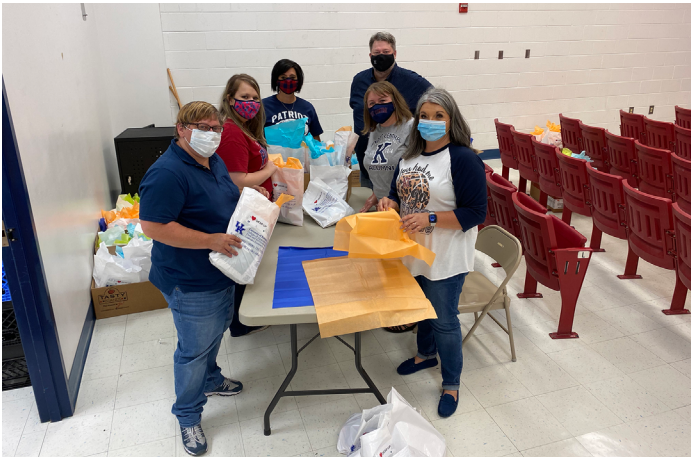
**Website:** [knott.ca.uky.edu](http://knott.ca.uky.edu)

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

**Knott County Extension Office • 6067855329 • [knott.ext@uky.com](mailto:knott.ext@uky.com)**

**PO Box 462, Hindman, KY 41822**

## 4-H Youth Development



Gear-Up Coordinators Collaborate to Fill STEM Bags.

331

Number of youth who participated in project, activity, or event for science, engineering, and technology projects.

352

Number of youth who completed a state fair arts, photography, or other visual arts project

## Family and Consumer Sciences

Holidays are often an exciting time of the year; however, the 2020 holidays brought extra stress. Covid-19 quarantines placed a burden on everyone's physical and mental health, and limited visitation with families and friends multiplied it to the max. To assist individuals in understanding and responding to this stress, the Quicksand Area Family and Consumer Science agents hosted a grab and go program. Knott County distributed 249 Holiday from Home program booklets with topics placing an emphasis on reducing financial stress. Each book contained holiday recipes for homemade food, and easy gift making crafts and decorations.

Evaluations for the program showed 180 crafts were made, and 51 recipes were tried. Ninety six percent indicated they had had made at least one positive financial decision, while 91% of participants implemented one money saving strategy.

Knott Co 4-H partnered with Knott Co GEAR Up to reach 8th and 9th graders with a STEM based learning opportunity. The project reached 331 youth throughout six schools. The STEM brown bag project gave the youth parameters and goals to build a bridge with the highest capacity. The outcomes ranged from 7 to 53 units of weight. The designs of structures contributed to the varying results. Their materials included typical household items; straws, Q-tips, popsicle sticks, pipe cleaners and scotch tape. The units of weight were measured in candy pumpkins.

The 4-H STEM project also included a career connection to engineering, so the youth would have a chance to learn about attributes of engineers. Youth identified which of the attributes they were most proficient at, and utilized them during the lesson. GEAR UP promotes collage and career readiness. This will be an ongoing partnership.



Knott FCS Agent Delivers Project Bags to Knott County Resident.

1498

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation and/or preservation of food

1031

Number of individuals reporting improved parenting skills

## Nutrition Education



NEP Assistants Provide Nutrition Information in Grab and Go Bags.

534

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

325

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

Knott County SNAP assistants used creativity and flexibility in their programs to reach the residents of Knott County during the Covid pandemic. Amidst lock downs, the assistants used virtual programming and drive through events by collaborating with 4-H and FCS programs, and targeting families in crisis. Parents stated that the nutrition information and recipes included in these Grab and Go bags were a highlight for them, and allowed them to eat and prepare meals together.

During covid lockdown, assistants taught 102 limited resource families how to safely prepare nutritious meals, and to efficiently use local food resources. Of the families graduating, 64% made an improvement in their diets, 65% improved food safety habits, and 77% improved resource management. Four hundred forty seven Knott County youth and adults in this program, saved Knott citizens, businesses, and government \$447,000.00.

## Agriculture and Natural Resources

The Eastern Kentucky Integrated Reproduction Management IRM Program was designed by the UK Beef Extension Specialist Program to improve beef production in Eastern Kentucky. Knott County has had five different cow/calf farmers participate in the program through the past five years, and all the farm operations now have a controlled calving season. Also, the new opportunities and the concepts they acquired from the program have enabled them to increase additional pounds of beef for an added growth in return on investments.

Since the inception of this program, one participating Knott County Farm has increased their pounds of calves sold at market by nearly 20%. The increasing number and weaning weight of the calves was improved through their genetic quality by artificial insemination. Overall, the farmer increased their number of poundage sold by over 3,000 lbs., increasing their income by nearly \$5,000 annually.



Young Farmer Learning Pregnancy Ultrasound Technology Through Beef IRM Program.

18

Number for people who gained information on beef nutrition, animal health, genetics, reproduction, and/ or facilities and equipment

200

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

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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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



## University of Kentucky Cooperative Extension

S-107 Ag Science Center North  
Lexington, Kentucky 40546-0091  
(859) 257-4302

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