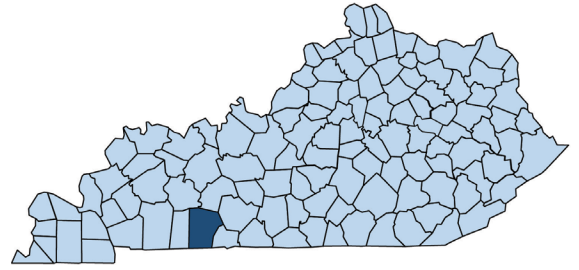


REPORT TO THE PEOPLE



Logan County 2021



DID YOU KNOW... Logan County is the top milk producing county in the state, producing 111.7 million pounds of milk.



Website: logan.ca.uky.edu



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4-H Youth Development



Students present a scene in the Farmers' Dinner Theater at the Logan County Extension Office.

995

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

1479

Number of youth who participated in education related to family and consumer sciences

Agriculture and Natural Resources

In the midst of the COVID-19 pandemic, retail beef prices increased 18.7%. As a result, consumers are buying directly from producers. The annual Logan County 4-H & FFA Youth Market Steer Show, Sale, & Carcass Contest and the Logan County Youth Hog Show & Sale, continue to serve as leading examples of local direct to consumer beef and pork sales. The programs teach the full cycle of livestock production, responsibility of caring for and managing animals, animal nutrition, showmanship, and carcass quality.

In the final component of the beef program, the Carcass Contest, the participants are able to see how their production decisions impact the quality of the meat by how it grades. The meat from the programs is locally marketed to community members, highlighting the health and financial benefits of locally raised beef and pork. With their commitment to both programs, community members invested \$220,515.21 in the youth of Logan County.

The UK Cooperative Extension Service and College of Nursing partnered to develop the BARN Farm Camp and Dinner Theater on mental wellness and suicide prevention in response to farmer stress and suicide. 17 high school youth attended the camp and worked with extension specialists and agents to address mental health in their community.

After learning about mental wellness, stress, and coping skills, participants demonstrated significant increases in knowledge of mental health and wellness. All participants strongly agreed that the information learned was practical and implementable in their daily lives. The highlight of the camp was the Dinner Theater on Mental Wellness. The youth developed all aspects of the theater, which 149 community members attended. 118 attendees showed increased knowledge regarding self-care, mental wellness, stress, and suicide. Attendees indicated that they would use examples from the theater to handle stress.



The beef carcass is graded for quality during the Carcass Contest.

356

Number of people who improved or maintained physical, emotional, or mental health from participating in gardening.

87

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

Family and Consumer Sciences



Preschoolers received pumpkins during the Preschool Pumpkin Days drive through event.

749

Dollar value of vendor-reported increased sales associated with Plate it up! Kentucky Proud recipes tasted or cards distributed

1214

Number of individuals (parents, caregivers, grandparent, or relative) reporting improved personal knowledge

Nutrition Education

According to the Barren River District Health Department, 35% of Kentuckians and 38% of Logan County residents are considered obese. To address this issue, the Logan County Family and Consumer Sciences Agent and the Supplemental Nutrition Assistance Program Educator partnered together to offer the Get Fit, Logan County program at the Logan County Cooperative Extension Wellness Center.

Participants met twice a week for the four week wellness program involving nutrition education and physical activity. During each session participants utilized Wellness Center equipment to exercise and participated in a lesson from the Healthy Choices for Everybody curriculum. One hundred percent of program participants showed improvement in the following areas: diet quality; physical activity; food safety practices; behaviors in meal planning, making shopping lists, cooking at home more often, and utilizing food on-hand.

To address our school readiness areas of concern, the Logan County Cooperative Extension Service in cooperation with our community partners, provided two school readiness event called Preschool Pumpkin Days and Preschool Spring Fling for families of preschool aged children in Logan County.

We hosted two drive through events that provided 118 children with resources to address the areas of healthy eating, literacy, physical activity, self help skills, gross and fine motor skills and social skills. In addition to the resources for children, parents were provided information on school readiness, as well as training components for each resource included in the goodie bag on how items could be used to teach and reinforce school readiness skills. Each station of the drive through event focused on one or more of the school readiness skills for Kentucky.



A Get Fit, Logan County participant walks on the treadmill.

83

Percent of participants who showed improvement in one or more food safety practices

92

Percent of participants who showed improvement in one or more diet quality indicators

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



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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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