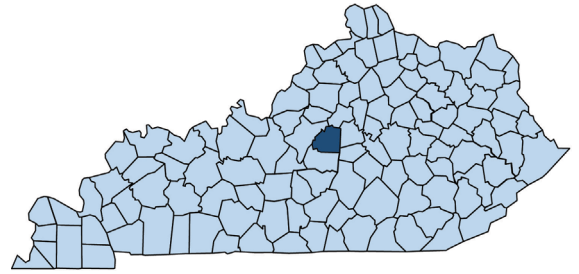


REPORT TO THE PEOPLE



Washington County 2021



DID YOU KNOW... Washington County Extension Homemakers volunteered 1246 hours in community activities and events.



Website: washington.ca.uky.edu



Facebook: @WashingtonCountyKentucky4H



YouTube: Washington County Horticulture

For More Information, Please Contact us at:

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4-H Youth Development



4-H'ers visit the chicks hatched in the Poultry Peek program

310

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

19

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

Horticulture

It was determined through online evaluations that clientele wanted Horticulture How To videos. New videos were recorded and uploaded to the Washington County Facebook and webpage, and Horticulture YouTube channel. Videos included Seed Germination Tests, Putting Together an Economical Grow Light Set, Tips for Starting Seeds Indoors, How to Transplant Seedlings, and How to Grow Potatoes in a Bag. To date the videos have had over 1400 views by gardeners and potential gardeners alike. Some of the early feedback of the new series includes, "Wow, thank you for showing me how to put together an inexpensive grow light system; you have saved me at least \$500!"; "I had no idea it was that easy to do a germination test on my old seeds! Looks like I don't need to buy new ones after all;" and "Keep up the good work I have been sharing your videos with my friends in other states and they are amazed at what Extension does in Kentucky".

When COVID-19 restrictions wreaked havoc on traditional programs the 4-H program knew that some creative solutions would have to be implemented. Because of this, the Washington County Extension office worked to redevelop traditional programs in a virtual format. The Poultry Peek met weekly for 6 weeks simultaneously via Zoom, Facebook Live, and Youtube. It took youth, families, and classes through the process of developing embryos, industries that poultry production impacts, and allowed them to interview one of Kentucky's largest poultry producers. The objective of partnership with the Washington County Farm Bureau Federation was to promote agricultural literacy and the understanding of how the agriculture industry impacts the daily lives of youth. In the classroom, only about 100 youth could participate in an incubation cycle. Through this format, more than 370 youth participated and videos online have been viewed over 10,000 times.



Dennis teaching How to Grow Potatoes in a Bag

4769

Number of people who gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis, and proper maintenance

3512

Number of people who used Extension information to make decisions on site selections, varieties, and/or maintenance

Agriculture and Natural Resources



Taylor Graves, new Washington County ANR Agent

41 Number of producers that increased knowledge of production, fertility management, varieties, insect control, disease or pests and/or sustainable practices

71 Number of producers who Develop and implement a herd health protocol and improve animal health practices (i.e. follow BQA guidelines, read and follow product labels and obey withdrawal periods, record animal treatments, improve animal handling/welfare skills)

Family and Consumer

The pandemic impacted many aspects of life, including the well-being of the students in the Teen Leadership program. To promote self care, we developed Wellness Day. Wellness Day was held on April 28 with the 2020-2021 class and September 1 with the 2021-2022 class. Components included discussions on physical, social and mental/emotional wellness, substance use prevention, and mental health. Speakers included FCS Specialist Dr. Alex Elswick, 4-H Specialist Dr. Chuck Stamper, and the WC FCS Agent. Students said they learned: “Your physical health and your mental health are equally important.” “Building strong relationships and communication is important.” “It isn’t the drug that’s bad, it’s how you use them and addiction is so real.” “To surround yourself with good people, and substance use is more than just saying no to drugs.” “I learned many techniques and ways to feel better physically, socially, and mentally.”

In September 2021, Washington County welcomed a new Agriculture and Natural Resources Agent, Taylor Graves. Taylor was raised on a diversified livestock farm in Perryville, KY. She graduated from the University of Kentucky in May of 2021 with a degree in Animal Science, with a focus on livestock production. She took a variety of livestock production courses and other courses within the college of agriculture including meat science, agriculture law, and community and leadership development.

Upon graduating with her bachelor’s degree, she interned at the Kentucky Department of Agriculture in the office of agriculture marketing. There, she worked with youth and livestock enthusiast throughout the state at several shows, including the Kentucky State Fair, helping to set up contests and keep shows running smoothly. Taylor is excited about various program ideas that she has discussed with community members.



Dr. Chuck Stamper teaching box breathing, a technique to relieve stress and anxiety.

42 Number of individuals reporting the intent to utilize soft skills to contribute to a more efficient and productive workplace (Soft Skills)

1000 Number of Plate It Up! KY Proud recipe cards distributed

Nutrition Education

According to kentuckyhealthfacts.org, 22% of WC residents report hypertension and being physically unhealthy at least 5 days a month. The WC Family and Consumer Sciences Agent and the Supplemental Nutrition Education Program Assistant (SNAP-Ed) offered a Nutrition and Healthy Lifestyle course titled Biggest Winner: Goals Edition. Online Facebook LIVE nutrition videos and recipe demonstrations were held weekly for 3 months. Ten participants and 34 additional people were reached.

The series was based on the Healthy Choices for Everybody curriculum. At the end of the program 42% of participants showed improvement in one or more nutrition practices, such as diet quality, food safety and food resource management. The participants also showed a 100% positive change in one or more food group consumption. These changes will last well beyond the online series and will help participants' overall health and well-being long into the future.



Laura teaching Healthy Choices for Everybody

22

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

22

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

... 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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