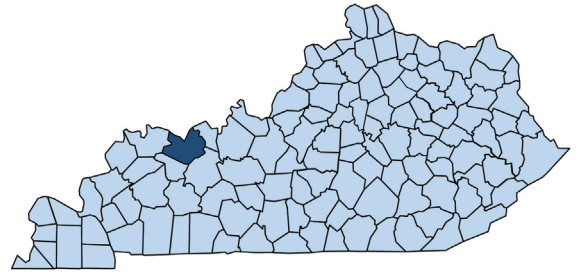


REPORT TO THE PEOPLE



Daviess County 2021



DID YOU KNOW... Daviess County conducts the most comprehensive county corn & soybean performance trials in KY CES



Website: daviess.ca.uky.edu



Facebook: @daviesscountyextension



Instagram: @daviesscountyextension

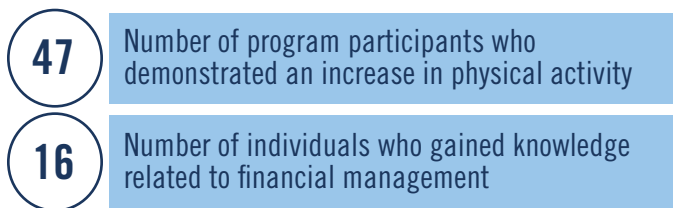
For More Information, Please Contact us at:

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4800A New Hartford Road, Owensboro, KY 42303

Family and Consumer



A participant of the OBKY Summer Step Challenge walking the dog to get steps in.



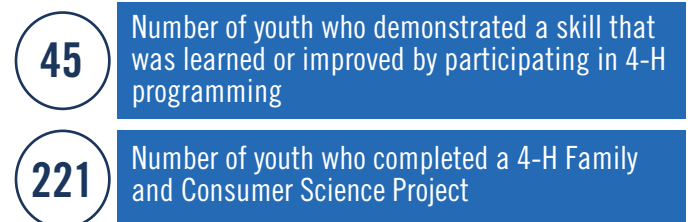
FitBlueKY is a smartphone app for KY citizens to complete walking challenges & focus on increasing physical activity, choosing a nutritious diet, & improving health outcomes. As an innovative strategy to improve & increase movement with Daviess County residents, the FCS Agent partnered with 5 local organizations to implement the OBKY Summer Step Challenge. 23 adults signed up & 17 completed the program. As a result, 80% of participants became aware of the benefits of regular physical activity, reported having gained the knowledge & skills to be physically active, & reported an increase in physical activity levels. Together, the participants recorded 4,747,708 total steps; equivalent to about 2,374 miles! In addition to behavior change, 60% reported increased awareness of local places to access nutritious foods. 70% of participants noticed an improvement in one or more health indicators (cholesterol, BMI, blood pressure, blood glucose).

4-H Youth Development

Nearly 50% of all sports-related traumatic brain injuries are equestrian-related. According to the CDC, the rate of serious injury per number of riding hours is estimated to be higher for horseback riders than for motorcyclists and automobile racers. Daviess County 4-H & Landsafe Equestrian partnered, with financial support from KADF & the KY 4-H Foundation, to conduct a 2-day clinic teaching horse riders best practices of how to react in a variety of fall scenarios. The first half of each day, riders learned & practiced gymnastic tumbling skills designed to protect their head & neck while getting away from the horse should they fall. The second half of each day, riders used a simulator to practice various fall scenarios & incorporate the tumbling skills. 16 riders participated in the clinic; 8 in a junior version. Following the clinic, 100% of participants reported more confidence in their ability to respond to a fall scenario.



A program participant practicing safety techniques using a riding simulator.



Agriculture and Natural Resources



Q&A With Dr. David Kohl



Dr. David Kohl answering questions during the virtual program.

- 47** Number of producers who implemented on-farm trials for grain management
- 822** Number of people who increased profits, reduced expenses, and/or reduced risk

The pandemic has presented unique challenges in all aspects of life. For farm businesses, many questions have arisen. How will agriculture rebound from enormous stocks with less export & domestic demand of grain? What will be the future of direct subsidies needed to continue operating? How will agricultural lending evolve & how will farms adapt? How will stress/anxiety be contained? Using the program “Managing Farm & Family in a Pandemic” was conducted via Zoom over four weeks in July and August. Forty-three (43) participants from Daviess and surrounding counties joined as Dr. David Kohl of AgriVisions discussed dealing with farm business in a COVID-19 economy. Mark Barker, Farm Credit Mid-America, discussed lending resources & the lifeworks resource program. Brian Lacefield, then KY FSA Director, shared government programs to help restore working capital. Dr. Deborah Reed, RN UK Healthcare, discussed mental health while in the grip of economic recession.

Nutrition Education

When planning meals for your family, it can be difficult to think of something to fix every day. The Daviess County Nutrition Program (NEP) SNAP-Ed Assistant & the Daviess County Family & Consumer Sciences Agent created the Recipe Club to help solve the daily task of meal planning. Each month, Recipe Club participants are sent 2-4 PlateItUp! Kentucky Proud recipes & information for the monthly topic such as, but not limited to, produce availability, food safety, meal planning, & budgeting. Recipes are chosen by what is in season in Kentucky & what is available at the Owensboro Regional Farmers Market. Then, once a month, participants can join the SNAP-Ed Assistant and/or FCS Agent in a live cooking demo via a private Zoom link. Participants are told ahead of time which recipe will be featured so they can prepare it along with the live demonstration. The Recipe Club began in June 2021 with 69 participants & increased to 155 by October.



Kelly Bland conducting a live cooking demonstration via Zoom.

- 24** Number of agencies engaged in community health coalitions
- 45** Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! recipe card

Horticulture

Proper maintenance of trees & shrubs in municipal settings saves money, time, & promotes safety. Eight City of Owensboro grounds maintenance department employees participated in the certified arborist training taught by a UK Arboriculture Specialist through a series of virtual sessions set up by the agent. As a result, 5 months after the training, everyone reported using proper pruning techniques & identifying pests. Most reported using proper tree installation practices & considerations of the environment & its impact on tree health. Soil & water management information are being used & problems with too much mulch are identified. The grounds manager said that this free training was priceless. Over half of the participants said they would take the arborist certification exam within 1 year. A participant stated, "I feel more confident in talking to citizens that come to us with problems & training new employees on how important trees are."



Trees at a local park cared for by the City of Owensboro.

23

Number of vendors approved to redeem alternate payments including WIC and/or Senior Farmers' Market Nutrition Program, Double Dollar programs, etc.

44

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

... 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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