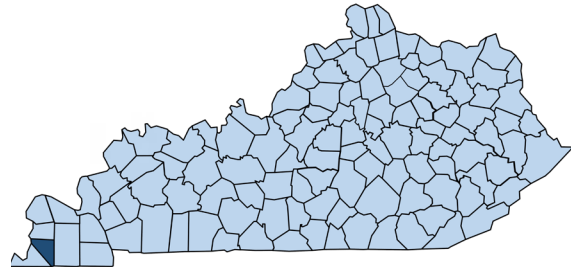


# REPORT TO THE PEOPLE



## Hickman County 2021



**DID YOU KNOW...** Hickman County helped secure \$125,000 in grants to support agriculture, youth, and recreation in 2021.



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



**Facebook:** @HCCES



**Instagram:** @HickmanCoExtension



**YouTube:** <https://www.youtube.com/channel/UC00FiHXwRXF7SBylPuNpf8A>

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

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EDU

## Agriculture and Natural Resources



The first donation to the Hickman County food bank from local growers.

40

Number of people who collected soil samples for testing

300

Number of people impacted by Advisory Councils, community organizations, and other volunteers including County Ag Investment Program (CAIP), Chamber of Commerce Ag Committee, farm bureau, county fairs, festivals, etc.

## 4-H Youth Development

Ready Set Run is more than just a run/walk program, it's a character-building program that targets youth ages 8-13 to participate in a 5K run. This program would usually be an 18-week program, however, we were not able to start this program until March. During this time, youth are being equipped with physical training and a goal-setting mentality to accomplish their personal goals. With our 19 youth, we had 8 consistent teen leaders and four parents attending each time to help with our youth "runners" as they all run at different paces. Students walked/ran a total of 620 miles. Participants overall increased their timed run/walk pace by an average of 2.5 minutes for a timed mile. Physical activity can reduce the risk for chronic disease and premature death. Physical activity has academic and benefits. This program allowed youth to set goals for physical activity and increased the daily amount of physical activity for participants.

Throughout the 2020 year, families and businesses alike were struggling. The Four-River WAVE Ag group sought out a way to lend a hand. In replacement of their annual WAVE Ag Event, this organization asked agribusinesses and other local businesses to come alongside the organization and help connect producers with consumers.

Local businesses were overwhelmingly supportive of this idea, contributing over \$6,000 to the program. This enabled the WAVE Ag group to go directly to local producers and our farmers markets, buy produce that they were struggling to sell, and distribute that product straight to our local food banks and senior citizens centers. In addition, we were able to support our locally owned grocers by purchasing gift cards and distributing those based on needs in our communities.



Ready Set Run participants after setting personal goals for the program.

130

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H natural resource programming

350

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

## Family and Consumer Sciences



Students practice professional etiquette during the Adulting series.

330

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

45

Number of program participants reporting adoption of physical activity practices

## Nutrition Education

Researched-based information from the “Healthy Choices for Every Body” curriculum showed how to access food and ways to stretch food dollars during a pandemic. Facebook Live made it possible to watch the videos and interact with the SNAP-Ed assistant using the comments section on the live page. On average, 10 adults watched each video live, with others watching the recording after the live video was posted averaging 32 viewers.

A post-Qualtrics survey collected all participant data, allowing the SNAP-Ed assistant to track each participant’s progress. One live video was offered and posted weekly. After eight weeks, participants showed improvement in multiple areas. The results revealed 65% ate more red, orange, and green vegetables; 87% made a positive change in food groups; 58% plan more meals before shopping; 52% make a list before grocery shopping; 55% budget enough money for food; 52% thaw food at room temperature less often.

Employers are often prepared to teach technical job skills; however, the intangible skills of being a team player, time management, and positive attitude are difficult to teach on-site but are critical to success. To address this need, Hickman County Extension Office led an Adulting Series and offered three Positive Employability: Preparing for Financial Success sessions to provide clientele with the personal skill sets and resources to be workforce ready.

Twenty-eight seniors in high school participated in the Adulting series.

- 89% planned to use dining etiquette protocols to create positive impressions,
- 93% planned to utilize soft skills to contribute to a more efficient and productive workplace,
- 93% planned to utilize etiquette practices to improve verbal, written, and electronic communication practices.



Dodson teaches via Facebook Live during pandemic.

500

Number of individuals who reported they utilized delivery systems/access points (e.g. farmers’ markets, CSAs, WIC, food pantries) that offer healthy foods

100

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

# 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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