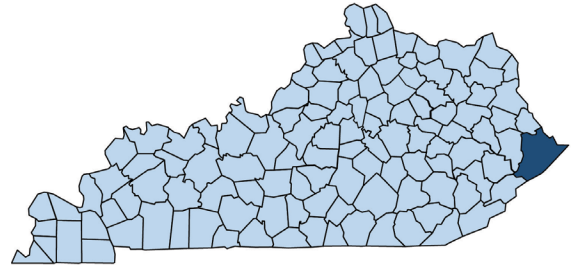


REPORT TO THE PEOPLE



Pike County 2021



DID YOU KNOW... The Pike County 4-H Program distributed over 6,000 activity kits into the community and area schools



Website: pike.ca.uky.edu



Facebook: @UKExtensionPikeCounty



YouTube: @Pike County KY Cooperative Extension

For More Information, Please Contact us at:

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148 Trivette Drive, Pikeville, KY 41501

Agriculture and Natural Resources



Pikeville Master Gardeners demonstrating hydroponics at the AppHarvest Program.

462

Number of Master Gardener hours completed in county

186

Number of people gaining knowledge on establishing and maintaining pollinator habitats

Family and Consumer Sciences

In Pike County, a total of 29 individuals participated in Big Blue Goals. Evidence shows that individuals who engage in physical activity have improved physical and mental health outcomes. Individuals that consume meals at their residence consume overall healthier foods and more appropriate portion sizes. In addition to preparing meals at home, 71% of respondents indicated that they supplemented their meals with food they grew, caught, or preserved themselves. During the challenge, 100% of respondents reduced expenses or managed money effectively. As a result of participating in this challenge, participants saved \$3,265. Respondents used information received to establish consistent sleep habits, took time to care for themselves, drank recommended amounts of water daily, and took precautions to prevent injuries in their homes. One participant said, "Perfect way to start a new year on track!"



FCS agent Leslie Workman prepares educational kits for Big Blue Goals program participants to reinforce their wellness learning.

248

Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! Kentucky Proud recipe card or sampling a recipe

3200

Dollars reported saved as a result of participating in a financial education program

Community Economic Development



This family proudly displays the artworks they created together during a Pike Arts Facebook Live online art class.

285

Number of participants reporting an understanding of quality artistic experiences

882

Number of volunteer hours rendered toward Extension arts activities

4-H Youth Development

The Pike County Extension Council identified life skills as a need for Pike County. During the Pandemic, we have served our clientele through 6,000 plus kits. From art to woodworking, we gave out life skills teaching kits for youth adults. Once the vaccine have been administered, we have been invited into the schools during March for 4-H clubs in 50% of the former classroom clubs. To date, we have 1,800 youth registered for 4-H Club membership. As one teacher commented, "4-H is essential; our youth need 4-H." Ruby Smith Hall recommends Pike County 4-H, "The 4-H club is a wonderful club for our children. It's developed not only for all ages but for various levels of development and various interests. Projects are made for education and fun. I truly believe that we have the best Extension Directors and organization members in the world." 4-H is making best better through teaching life skills and preparing our youth for the work force.

Pike County Extension Fine Arts distributed on-the-go art kits to provide projects and resources to county residents during the COVID-19 pandemic. Kits included STEAM projects, pumpkins painting, and supplies for our Facebook Live painting classes. Fine Arts partnered with CEDIK and WestCare Rehabilitation Center to successfully test a seven-week grant funded pilot arts program. The program, MindCArt.Recover.KY. (MARK), utilized art journaling in an evidence-based therapeutic way to assist people undergoing drug addiction recovery. Art on the Plaza, an outdoor series of art workshops taught by talented, local artisans, took place during the summer. Appalachian Symphony and Mountain Dulcimer Workshop provided free musical lessons once or twice a week, while social distancing. Artists Collaborative Theatre won the Governor's Award in the Arts and a national award for best stage combat at AACTFest 2021 for their production of Blood Song.



Pictured is a participant of the 4-H STEM Challenge, an annual initiative to inspire kids everywhere to take an interest in science, technology, engineering, and math through hands-on learning.

2068

Number of hours of service contributed by 4-H volunteers

5227

Number of youth who received education related to diversity and inclusivity (KOSA) in 4-H leadership 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



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