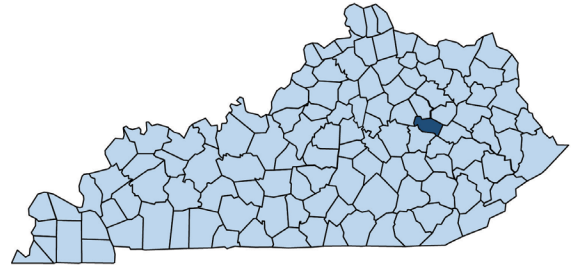


REPORT TO THE PEOPLE



Powell County 2021



DID YOU KNOW... \$53,000 was awarded to 32 Powell County farmers from the Governor's Office of Ag Policy



Website: powell.ca.uky.edu



Facebook: @PowellCountyExtensionService



Instagram: @powell.extension



YouTube: Powell County FCS Extension

For More Information, Please Contact us at:

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Family and Consumer Sciences

see blue.™ get fitblue.



FAMILY AND CONSUMER SCIENCES

Building strong families.
Building Kentucky. It starts with us.



FitBlue app helped participants succeed

300

Number of individuals who report preparing more healthy home cooked meals

9000

Number of dollars in EBT, WIC or Senior benefits redeemed at farmers markets

Agriculture and Natural Resources

The Kentucky Agriculture Development Fund provides money directly to farmers allowing for investments in key farming operations. Farmers must complete a qualified educational component to qualify. Traditionally, applicants would attend educational classes offered at the extension office. Covid 19 prevented traditional education opportunities for farmers. The disruption created a unique opportunity for the new CEA for Ag and Natural Resources. Mr. Vaughn met with each applicant to learn their operation and develop educational material to suit the individual project.

The education included on farm discussions, videos and soil and forage samples. The CAIP program provided \$53,000 dollars spread to 32 farmers in the county. Mr. Vaughn was able to develop a personal relationship with 32 farmers in the county. The CAIP program provided Mr. Vaughn an opportunity to develop relationships so vital to the Extension Service.

As an innovative strategy to improve and increase movement with Powell County residents, the Family and Consumer Sciences Agent partnered with Foothills Clinic and Powell County Health Department to implement a 30-day walking challenge called Wellness Returns Powell County. Participants downloaded the FitBlue app and joined the local challenge. Throughout the challenge, participants were encouraged improve health behaviors by making lifestyle choices to increase physical activity and eat nutritious meals.

As a result of this program, participants reported they were more aware of the benefits of regular physical activity, gained the knowledge and skills to be more physically active, and increased their activity levels during the challenge. After the 30 days, participants recorded a total of 6,175,248 steps, which is equivalent to about 3,087 miles!



Photo Courtesy of CAFE Digital Media

110

Number of people who gained knowledge forage production, management and/or profitability which could include species, best management practices for species, forage harvest and storage, pasture renovation.

215

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

4-H Youth Development



Powell CEA teaching youth about water pollution

40 Number of people who developed or updated an Ag Water Quality Plan

55 Number of people who increase knowledge of backyard streams, watersheds, stream ecology and best practices to improve water quality

Nutrition Education

With all the chaos going on in today's world, the Powell County Supplemental Nutrition Assistance Program Education (SNAP-Ed) Assistant Senior, along with the 4-H Program Assistant, thought a summer reading program would be a great resource for the youth in the community. Flyers were made and sent out to all community agencies as well as local grocery stores and social media.

Two locations were chosen for different days and times to try to accommodate as many youth as possible. The LEAP curriculum was the main resource used and all information was geared toward eating healthy and handwashing. All were given newsletters that coincided with that days book, as well as incentives such as jump ropes, toothbrushes, and seeds to plant for added at-home activities. One mentioned, "I never even heard of MyPlate until coming here, germs are disgusting, and I'll definitely be washing my hands a lot more."

The Red River Gorge is one of the most unique and inspiring parts of Kentucky. Hiking and recreation in the area attracts an average of 200,000 visitors per year and \$5 million is generated to the Powell County economy. Growing this industry is an essential part of the economic health of Powell County. One barrier to industry growth is the lack of children's activities.

The Powell County Cooperative Extension Office partnered the Powell County Tourist Commission to organize the Red River George Discovery Zone. The goal was to create a hands-on museum experience for kids ages 4-12. The first event was held in August and attended by 44 kids and 75 adults. Educational stations on water pollution, batteries and snake identification were part of the kids experience. A second event was held in September that was attended by 38 kids and 58 adults. The goal is to create a recognizable event that would draw families to the area.



Snap-ed Assistant with Bowen Elementary Youth

195 Number of individuals who reported eating foods for the purpose of improving their health

235 Number of students who recognize healthy snacks

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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