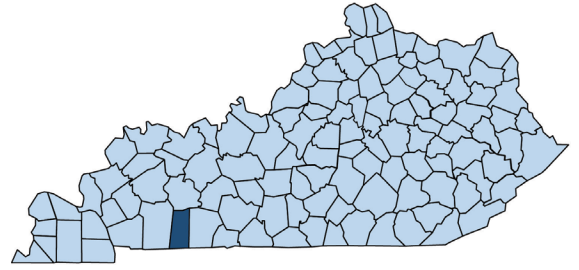


REPORT TO THE PEOPLE



Todd County 2021



DID YOU KNOW...

159 people walked 32,645,552 steps during the WalkTober Step Challenge.



Website: todd.ca.uky.edu



Facebook: [ToddCountyExtensionFCS](https://www.facebook.com/ToddCountyExtensionFCS)



Instagram: '@ToddCounty4H'

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4-H Youth Development



Todd County 4-H teens assisted youth with fishing and stress reduction.

140

Number of youth who indicated they are connected to a caring adult

150

Number of youth that report they know how to handle stress

Agriculture and Natural Resources

This year was the seventh time that the Phase I County Agricultural Improvement Program (CAIP) has been offered in Todd County. Agent support for the CAIP program included working with the Todd County Conservation District in developing their funding proposal and assisting them with understanding the 2020 state rules and guidelines. Extension also assisted with developing the general program guidelines (deadlines, reimbursement procedures, etc.) and handout materials for some of the cost-share investment areas.

Several educational programs were conducted to help CAIP participants meet their CAIP program educational requirements, including Beef Quality and Care Assurance training, Tobacco GAP Training, and Private Applicator Pesticide Training. Altogether, 100 CAIP applicants completed projects, receiving a share of \$235,000 in CAIP funding. More than half of these received local in-person Extension training.

Mental health, already a pressing issue for young people, has become an acute concern for millions in 2021. One in five people in households with children (21%) have reported feeling down, depressed or hopeless in the previous week.

Realizing the need for improved resiliency in youth, the Todd County 4-H program partnered with the Todd County Migrant summer program and provided a mindfulness training to 55 youth in a day camp setting. Youth learned how to categorize their stressors into things they cannot change and things they can. They learned proper stress reduction techniques, coping strategies, mindfulness activities and physical and musical activities for stress reduction. They also learned how to turn to adults for support in the event of depression or suicidal thoughts. Two weeks later, the 4-H program provided a fishing day for the 55 migrant youth in the county ranging from grades K - 12 to help kids build resiliency skills.



Virtually all cattle working facilities in Todd County have been built or purchased with CAIP

42

Number of producers who participated in local Tobacco GAP training

55

Number of people who used Extension Resources to identify insect pests or plant diseases

Family and Consumer Sciences



Cabbage apple salad with chicken

900

Number of individuals who experienced an increase in knowledge, opinions, skills, or aspirations regarding lifestyle changes (diet, stress management, etc.) that improve personal health.

110

Number of individuals who gained knowledge related to financial management.

Nutrition Education

Feeding America 2019 data reported 1,740 people in Todd County as food insecure. The Todd County Nutrition Education Program (NEP) Assistant met the challenge and volunteered with groups to share nutrition information. At the Petrie United Methodist Church Commodity Program and the Todd County Senior Commodity Program food distributions, the NEP assistant put recipes and nutrition newsletters in with the food that was handed out. This outreach provided budget information and healthy recipes to food insecure people in Todd County.

The NEP Assistant also worked with Todd County Migrant Summer Group and Todd County Seniors to Grow a Salad. The NEP Assistant provided grow bags, soil and a variety of lettuce seeds to encourage eating better on a budget with home gardening. During 2021, the NEP Assistant had 4338 indirect contacts with clients due to outreach efforts.

Cooking more meals at home is related to increased fruit and vegetable consumption and disease prevention. Cook Together, Eat Together, a program to promote healthier, home-cooked family meals was offered virtually once a week for eight weeks by Family & Consumer Sciences. A variety of food preparation methods, knife skills, adapting recipes, and food safety tips were taught.

As a result of the program, 100% of the participants reported either they or someone in their family tried a new food; 100% improved their food preparation skills; 83.3% learned how to adapt to change ingredients in a recipe; and 100% learned a new knife skill. When asked what they gained, one of the participants said, I obtained clear instruction in correct knife use, efficient slicing and chopping vegetables, and practical meal preparation (planning ahead better). Another said they gained "...connection with others and different ways of doing things!"



Migrant youth learn how to "Grow a Salad"

75

Number of individuals reporting improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, and preparation of food

20

Number of families/caregivers who reported supplementing their diets with healthy foods that they grew or preserved (community or backyard gardens, fishing, hunting, farmers markets)

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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