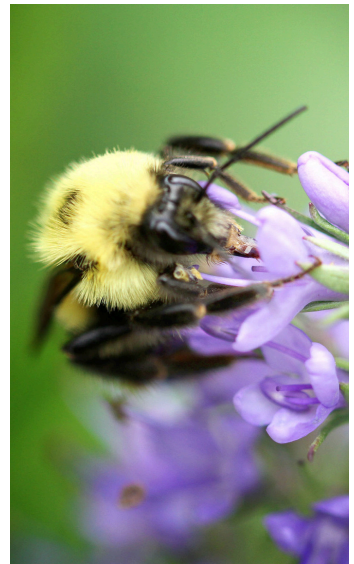



REPORT TO THE PEOPLE

Knott County

~ 2024 ~



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youtube.com/@KnottCES



Knott County Extension Office
4-H Youth Development
Nutritional Education Program

@knottces
@knottco4H
@KnottNEP

FAMILY & CONSUMER SCIENCES

BINGOcize

Nutrition Bingocize was offered in 2024 to provide nutrition education and exercise through playing bingo. Bingocize helped seniors reduce their fear of falling, increase physical activity, and decrease feelings of social isolation. The Family and Consumer Sciences agent taught the program to 10-18 participants twice a week for 10 weeks.

As a result of this program, 100% of the participants felt more comfortable talking to health providers, family, and friends about medicines and other fall risk factors. 100% reported an increase in activity and stated that they felt more satisfied with their health and life. Participating in the program improved their physical mobility by making it easier to roll over in their beds, get out of a chair, and get on or off the commode. It also helped them develop better eating habits by paying more attention to food labels.

As participants became more conscious of what they ate, and how it affected their bodies, they reported losing weight and lowering blood pressure, A1C, and cholesterol.

Most importantly, the social element of connecting with others, sharing experiences, and building a sense of community appears to have been a key factor in the program's success. These social interactions not only provided encouragement and accountability but also created friendships that kept participants engaged and motivated. At the end of the program, ten participants recommended Bingocize to their relatives and friends.



*BINGO*cize Class

6 participants planted a garden

10 participants used a local farmers market for the first time

4-H YOUTH DEVELOPMENT

Agri-Science Fair



Agri-Science Fair Champion

The 2019 Knott Co. Community Assessment Report identified the importance of needing “more jobs paying good wages with benefits.” Due to this, the Knott County 4-H Agent used STEM curricula and partnered with the Knott Co Farm Bureau to have an Agri Science Fair competition.

To promote the Agri Science Fair, which consisted of Food Science, Nutrition, Environmental, Biological, and Engineering Sciences, and open to 4th through 8th graders, the 4-H agent visited science classrooms in all seven elementary schools and distributed over 1,000 promotional flyers.

The young man who won the Agri Science Fair advanced to the District and competed at the KY Farm Bureau/Science Fair in Louisville. Knott Co Farm Bureau provided award incentives, so he earned \$225 for his science fair presentations and additional lodging for the Louisville competition at the Galt House Hotel.

This program, offered in conjunction with other 4-H STEM-oriented clubs, provides youth with 4-H STEM opportunities that “SPARK” their interest and has great potential in the upcoming years for our youth and community to benefit long-term with higher earnings. A STEM degree holder can expect an earnings premium of 12 percent over non-STEM degree holders and STEM occupations have grown by 8.9 percent from 2014 to 2024, compared to 6.4 percent growth for non-STEM occupations.

STEM occupations have grown by 8.9 percent from 2014 to 2024

A STEM degree holder can expect an earnings premium of 12 percent over non-STEM degree holders

AGRICULTURE & NATURAL RESOURCES

Breeding Soundness Exams

Implementing Breeding Soundness Exams (BSE) on a small cattle producers' farm is a large hurdle for East Kentucky producers. With a shortage of large animal veterinarians, it is expensive and difficult to find time for the vet to make a farm call. As Extension Agents, we want to share the importance of having annual exams conducted on breeding-age bulls to protect against open cow herds. To help combat this concern and bring better management to the forefront, we hosted three Bull Breeding Soundness Exam (BSE) Clinics. These clinics allowed area producers to utilize a local facility at a discounted rate for the service and made more efficient use of the veterinarian and producers' time. We hosted one clinic at the UK Robinson Center in Breathitt County, one in Morgan County at a local facility, and the final one at the Wilderness Trail Area Livestock Center in London, Kentucky.

Throughout these three clinics, we provided free access to area producers for 34 bulls to be tested, receive necessary vaccinations, and be dewormed. While in attendance, they filled out the UK Beef IRM survey. As a result, producers were prompted to think about management decisions they were or should be implementing on their farms. In addition, they received the UK Kentucky Beef Book, loading trailer safety stickers, and KCA supporting materials.

One of the largest impacts we will see from this program is ensuring that the 31 bulls are sound for breeding this season. Those 31 bulls will cover 1131 head of cows, a calf crop valued at \$1,696,500.00 in today's weaned calf market. Three bulls failed the examination that day, so the exams saved a total of \$150,000 in lost calf crop. We plan to conduct these clinics annually to help bridge the gap for East Kentucky producers and improve management strategies!



Knott Co Ag Agent with Area Producer

\$150,000 saved in lost calf crops

34 bulls tested and vaccinated

NUTRITION EDUCATION PROGRAM

Learn, Eat, and Play ~ LEAP

In a partnership between the Supplemental Nutrition Assistance Education Program (NEP) and the Innovative Literacy Group, a community initiative was created to promote healthier lifestyles and enhance literacy skills. Together, they implemented the USDA's Learn, Eat, and Play (LEAP) curriculum to empower youth by providing them with knowledge and skills to make informed food choices and improve their overall well-being.

NEP educators gave 150 youth participants, ranging from grades K-2, resources on healthy eating, nutrition, and making healthier choices. The LEAP curriculum was designed to engage participants in hands-on learning while teaching essential skills such as identifying fruits and vegetables, and understanding what healthy foods are and how they help us grow. The program utilizes various children's books along with simple, healthy, delicious recipes that participants can make and enjoy with their families.

At the end of the program, 80% of participants could better identify fruits and vegetables, 65% understood what constitutes "healthy" snacks, and 100% recognized the importance of handwashing before contact with food. As the partnership grows, there is a commitment to expanding the program's reach by helping more individuals and families across the county.



*The Very Hungry Caterpillar ~
NEP Assistants*

Nutrition and Literacy resources given to 150 youth participants

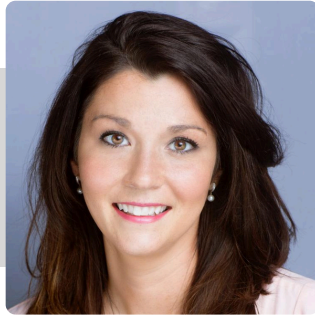
Meet Our Agents & Staff

Our County Extension Agents and staff work diligently to bring information and educational resources to members of our community. We deliver science-based information, provide education and training, and produce solutions.



Lorie Adams

Extension Agent for
Family and Consumer
Sciences



Dora Centers

Extension Agent for 4-H
Youth and Development



Chad Conway

Extension Agent for
Agriculture and Natural
Resources



Cindy Maggard

Senior ~ Nutrition Education
Program Assistant



Janie Oliver

Senior ~ Nutrition Education
Program Assistant



Ashley L. Reynolds

All Area County
Program Assistant



Salina Gibson

County Staff Assistant

KNOTT COUNTY *Extension At A Glance*

Knott County Extension Office



100 ~ Knott County / KEHA Homemaker Members
6 ~ Homemaker Clubs in Knott County
16,033 ~ Homemaker Volunteer Service Units Reported

83 ~ Youth/Teens/Adults Participated in 4-H Summer Camp
16 ~ Youth Attended 4-H Teen Conference
178 ~ 7th Graders Attended the KY State Fair
142 ~ 8th Graders Participated in It's Your Reality Program

500 ~ Families benefited from the local Farmer's Market
64 ~ Participants in Grow Appalachia
\$14,468 ~ Funds to farmers from the County Agriculture Investment Program (CAIP)

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
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with prior notification.