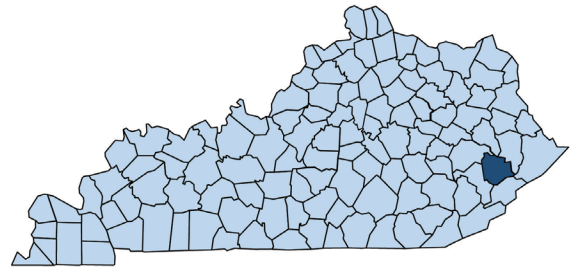


REPORT TO THE PEOPLE



Knott County 2022



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FCS Agent at the Knott Co Campground

Family and Consumer Sciences

In July 2022, a historic 100-year flood hit Knott County, KY. Nineteen people lost their lives, and numerous families were displaced by this disaster. Some left the county and others went into intermediate housing provided by the state and FEMA.

The intermediate housing provided were RV trailers that were placed in our county's campground and local ATV park. These RV's offered forty-five families limited ways to cook and store food.

In order to help with this need, the FCS agent offered classes teaching them ways to cook creatively in these contained spaces. Classes were taught at both locations. The forty-five families received recipes they could use while living in the RV's.

As a result of these lessons, 90% of families reported that they were using the recipes, and 82 % were eating out less.

4-H Youth Development

In a collaborative effort, Knott County 4-H, the Knott Co Board of Education, KCCHS, and six elementary schools, through their school's FYRSC, participated in the University of Kentucky's 2022-23, "It's Your Reality" program." The program focus was financial literacy and life skills. One-hundred seventy Knott County 8th grade students took part in the event.

The fifty-three KCCHS teen volunteers were essential to the program's success; they contributed a combined total of 238 volunteer hours. According to the 2020 national volunteer rate for Kentucky, this totals \$5,948 in-kind contribution to the program. Seven adult community volunteers provided support, as well, for a successful learning opportunity."

After evaluating the program with students, 84% learned more about budgeting money, 86% discovered how the amount of income will affect lifestyle habits and purchasing ability, 81% found out the cost of raising a child, and 86% learned the importance of saving for future economic goals.



It's Your Reality Program Volunteers



Knott County Farmers Market

Agriculture and Natural Resources

Families in Knott County rely heavily on raising gardens or depend on the farmers market to supplement their food needs.

During the catastrophic July flood, the extension office received numerous requests from families needing financial assistance.

As farm organizations began seeing the high demand for fresh local food and the devastation being dealt within the area, North Fork Local Foods, Community Farm Alliance, Kentucky Cooperative Extension, and many other groups came together with support. Each farmers market was given \$25,000 to support families with fresh produce. It allowed the farmers market vendors to purchase resale produce to help them support their families.

Working with the Knott County farmers market manager, the Knott County Extension Service hosted four weekly markets at our office distributing 10,000 pounds of fresh meat and eggs along with donated produce to help our vendors distribute fresh produce to needy families. Over 200 families were provided fresh farm food, and the seven farmers who had lost their crops from the flood received \$25,000.

Nutrition Education

According to 2020 U.S. Census data, Kentucky has the second-highest drug overdose death rate in the United States. Estimates show an average 10.7% of Kentuckians aged 12 or older have used illicit drugs over the past month.

UK Extension Nutrition Education Program (NEP) and Family and Consumer Sciences specialists developed Healthy Choices for Your Recovering Body, a nutrition education program for limited-resource adults in substance-use recovery. This program teaches nutrition concepts, food resource management, physical activity, food preparation, and food safety skills. These skills are critical for functioning independently. They help clients make the healthy food choices needed to achieve greater health during and after recovery.

By partnering with local facilities, NEP assistants taught HCYRB to 100 adults in recovery in Knott County between 2021 and 2022. Evaluation results showed statistically significant changes in nutrition and physical activity behaviors. Physical activity increased by 35%, soda and energy drink consumption reduced by 25% and 6% respectively, and water consumption increased by 30%. After participation in the program, 96% intend to choose healthy snacks and eat more servings of fruits and vegetables every day.



Hickory Hill Clients Cooking a Healthy Meal

NOTHING IS OUT OF REACH.

Healthy Families. Healthy Homes. Healthy Communities.



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... just a few ways Extension supports Knott County

- 1,200 clients increased agriculture awareness due to Extension Programming.
- 250 youth participated in education related to family and consumer sciences.
- 205 youth practiced financial decision-making skills as a result of what they learned in 4-H.
- 123 youth were educated on health and well-being through 4-H programs.
- 123 individuals gained increased knowledge of how to respond to mental health concerns.
- 120 people gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis, and proper maintenance.
- 70 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.
- 44 individuals reported eating more healthy foods.
- 40 youth and adults participated in a community-based service project.

COOPERATIVE EXTENSION



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