

# EXTENSION Today

## Caldwell County

*In Caldwell County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. Caldwell County Cooperative Extension Office is your connection to the University of Kentucky and the world.*

*You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.*

### EFNEP

The Caldwell County EFNEP paraprofessional, Joni K. Phelps, taught 85 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 93.3% of families made an improvement in the nutritional quality of their diet. 54% of EFNEP graduate families consumed a diet of higher quality because they planned meals using the food guide pyramid, considered healthy choices, and used the "Nutrition Facts" label. 28% of families increased the frequency of moderate physical activity for 30 minutes per day. 87% of families began feeding their children breakfast. 100% of families demonstrated an improvement in safe food handling practices and hand washing behavior. 52% of families learned to plan meals ahead of time and use a grocery list to guide food selections. A 28% improvement was shown in food price comparison behavior. Families showed a 20% decrease in meals eaten away from home. There were 6% fewer families who could not afford to eat properly. 14% of families were able to use community food resources, such as food pantries, less often due to increased skill at food resource management.



### Reaching Out to Caldwell County



#### Educational Programs

Programs presented	345
Total participants	7,250

#### Educational Contacts

Clientele visits	515
Telephone consultations	3,400
Newsletters distributed	3,100

#### Volunteer Development

Volunteers	472
Volunteer hours	2,250

### Our Staff:

**Shane Bogle, Agriculture & Natural Resources**

**Rhonda Jewell, 4-H Youth Development**

**Joni Phelps, EFNEP Assistant**

**Vickie Hatler, Support Staff**

**Jessica Board, Support Staff**

### The Caldwell County Cooperative Extension Service

*We deliver information, education, solutions.*

For more information, contact us at:

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### **Feeding God's Children Backpack Program**

According to Kentucky statistics an alarming 55% of children ages 3-17 are on free or reduced lunch. Due to the number of children that go an entire weekend with little or no food when a school meal is not available, Caldwell County Cooperative Extension has partnered with Feeding America, Caldwell County Schools, Family Resource Center, Migrant and Stars Program, and PACS to provide children with nutritious, easy-to-prepare, non-perishable food items.

The Backpack Program is voluntary and is offered at no cost to participants. Children taking part in the program receive a variety of healthy food items in their backpacks at the end of the school week. The Backpack Program served 115 children in the 2010-2011 school year with a cost of \$80 a year per child. The program has been generously supported with over \$15,000 in donations from the Caldwell County Fiscal Court, local businesses, churches, civic groups, non-profit organizations in Caldwell County and our Individual community members. The program would not have been implemented without the key leadership of Joni Phelps, Expanded Food Nutrition Education Program Assistant. Children that may not have received a healthy meal on the weekend now have that opportunity and interdepartmental partnerships now exist that did not before, thanks to the leadership of Extension.



### **Life 101**

In an effort to help prepare high school juniors for life after high school the Caldwell 4-H Agent collaborated with school administrators, the Family Resource Center and the Chamber of Commerce to organize and facilitate a 'Reality Store' based program titled Life 101 in which 160 students participated. The purpose of this learning experience is to teach basic workforce prep skills that will better prepare them for life after high school whether they plan to attend college, vocational training or go straight into the workforce. Students learn skills such as how to complete a job application, business

etiquette, and career exploration before visiting the 'Reality Store'.

The success of this program has been overwhelming and evident that it is worthwhile. An evaluation at the beginning of the program revealed that 65% of the students had never completed a job application; 57% planned to attend college but did not have a career in mind; 43% did not have plans after graduation. Attitudes and answers changed after participation in Life 101. A follow up evaluation revealed that 78% of students stated that getting the practical experience of completing the job application was the most beneficial part of the learning experience. Several students also commented that they were working harder in school and beginning to make plans for life after high school.



### **Skills that Last a Lifetime**

The primary goal of the Kentucky 4-H Sewing program is to teach youth the art and skill of creating useful items using needle and thread. In addition to learning an age old art, 4-H'ers that participate in sewing projects develop skills that will last a lifetime and help them become more self-confident. In addition to gaining confidence 4-H'ers learn patience, comprehension skills, critical thinking, creativity, and the overall satisfaction of completing a project. The Caldwell County Extension Service has helped to fill that void through teaching sewing to youth ages 9-18 in afterschool sewing project groups.

The project is led by Master Clothing and homemaker volunteers afterschool for approximately 10 weeks or until all projects are completed. There were 33 4-H'ers from the age of 9-18 that completed a sewing project in Caldwell County this year in units I, II, III, IV, V, VI and Creative Expression. The sewing project has grown very popular and competitive in Caldwell County teaching 4-H'ers a

competitive spirit and fostering good sportsmanship. When all projects were completed they were judged and champions in each category are eligible to compete in the state fair.

Success of this educational experience is measured through evaluations and observations. An evaluation that was performed at the end of the sewing session concluded that 94% of the participants stated that they learned a new skill, 82% stated that they felt more confident in taking on sewing projects at home, 82% completed their projects on their own and 95% stated that they would take the class again next year.



### **Teens Against Tobacco Use**

Several years ago a young 4-H member saw the need for a tobacco education program in Caldwell County. At the current time elementary students were not being exposed to any type of tobacco education and the rate of tobacco use among middle school students was rising. Funds were obtained through grants and a team of teen mentors were organized. Since that time the group known as TATU or Teens Against Tobacco Use has been successfully teaching elementary students about the dangers of tobacco use along with refusal skills and have directly or indirectly reached over 600 elementary age youth. Evidence that this tobacco education program is having an impact on the youth of Caldwell County can be found in the 2010 KIP Survey Results.

According to the Kentucky incentives for Prevention Survey, in 2004 8% of all 6<sup>th</sup> graders and 23 % of all 8<sup>th</sup> graders reported that they had smoked cigarettes at least once in 30 days; while the 2010 results state that only 4% of all 6<sup>th</sup> graders and 8% of all 8<sup>th</sup> graders have smoked at least once in the past month.

This survey also states that 10% of 6<sup>th</sup> graders and 21% of all 8<sup>th</sup> grade students reported that they have used smokeless tobacco at least once during the past 30 days; while the 2010 results state that only 3% of

6<sup>th</sup> graders and 9% of all 8<sup>th</sup> graders have used smokeless tobacco at least once in the past month. This decrease in tobacco use among middle school students is a result of the efforts of some high school students that want to make a difference in the lives of others. They have been able to see how their efforts have been worthwhile statistically and personally. While hosting a booth at a community event numerous parents came up to the booth with their children and stated they were pleased that their child was being exposed to the dangers of tobacco, even though they themselves smoked they did not want their child to. Several parents also inquired about smoking cessation programs and expressed the fact that had they known about the dangers of tobacco use when they were young they would not have started.



### **Planning for the future**

It is easy to notice that many individual farms in Caldwell County are getting bigger while the number of actual farmers is decreasing. A recent survey completed during an issues flow meeting with the Caldwell County Agriculture Advancement Council, indicated that farmers felt ill prepared when faced with the many decisions needed to plan for retirement. Agents teamed with UK specialists and local Attorney Vance Cook, who specializes in estate planning, to host a two night series on retirement and estate planning. Topics discussed included Wills, Living Wills, Power of Attorney, Asset Management, Family Farm Estate Planning, Health Insurance, Trust Funds, Long Term Care, Insurance, LLC, Corporations and many other topics that arose during discussions. A packed meeting room facility revealed many non-farmer participants were present. Post program surveys indicated that only 30% of participants had a will and none had a written estate plan. Surveys also revealed that 80% intended on completing an estate plan in the near future and that knowledge gained from the workshop made that task much easier.

## Hands On Woodland Management

The Kentucky Division of Forestry estimates Caldwell County has over 50,500 forested acres with 88 % of these acres privately owned. Caldwell County Extension has always received a large number of forestry related questions but the ice storm of 2009 compounded that number. To help meet the need UK Department of Forestry, Caldwell County Extension, in partnership with many other organizations, offered the Woodland Owners Short Course. Over 75 people participated in the event. Participants indicated they would use 30-90 % of the knowledge they gained to help manage their woodlands. 100% of participants indicated that attending the program better prepared them to manage their woodland. 40% of the participants that did not have a stewardship plan for their property planned to get one after the program. There was a 41% knowledge gain in participants understanding of the timber sale process. There was a 30% increase in participants' understanding of the first step in managing their property for forestry and wildlife. The long-term impacts from this program will result in increased revenue earned from timber sales for those using a professional forester, improved wildlife habitat, increased woodland productivity, and improved woodland health. This program also provided for an increase in participants ability to obtain income from their properties through on-farm enterprises.



## Experience Agriculture to Understand Agriculture

Recent attacks across the US on animal agriculture have prompted an alliance between Extension, animal agriculture associations, the grain industry and all groups with agriculture ties. The common goal of this alliance is to preserve and promote animal agriculture in KY. Thanks to a \$4,000 grant provided by the Kentucky Soybean Promotion Board and the Caldwell County Extension Council the third biennial Kentucky Soybean Festival was held in July 2010. This event covered multiple facets including an exhibit fair, antique tractor show, Extension Open House, 4-H Fundraiser, and farm tours. The farm tour attracted over 200 Caldwell County citizens including city council members, the mayor, the judge executive, magistrates, state representatives and several Extension administrators. The tour consisted of exhibits on GPS technology, beef quality assurance, commercial vegetable production and the importance of agriculture income in the county and concluded with a Farmers Appreciation dinner and 4-H Fundraiser. Following the educational tours and dinner, Danny Wilkinson, an appointee of the Kentucky Animal Care Standards Board, explained to the attendees what Kentucky is doing to advance and protect the animal agriculture industry in Kentucky. The impact of the program reached beyond previous Extension boundaries and brought influential clientele to the Extension arena that now understand the importance of animal care standards and the economic impact of agriculture to Caldwell County.



**UK Ag**  
**EXTENSION**