

# EXTENSION Today

## IN FULTON COUNTY

*In Fulton 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. The Fulton 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.*

### Fulton County Biggest Loser Challenge

The Center for Disease Control and Prevention found that the 22% of Americans do not engage in any physical activity and in Kentucky, that percentage is greater than 30%. The obesity rate for the state of Kentucky is 27.5% which ranks Kentucky seventh in the nation. That is why the Fulton County Cooperative Extension Service wanted to help combat this issue.

We implemented the Biggest Loser Challenge in order to show Fulton Countians that if we make wiser choices involving our health and nutrition, we can live longer. The challenge lasted for 10 weeks with 81 participants (18 teams) competing to be named the Biggest Loser. Teams had to weigh in on each Monday to record their weight and then the team's percentage of weight loss was posted for all to see.

To help them along in the competition, there were nutrition and physical activity events. The nutrition events consisted of a "Knowledge is Power" lesson where we discussed the caloric content from fast foods restaurants, portion control and the MyPyramid. The next event was a "Healthy Food Choices" lesson where we discussed how to make a healthy breakfast, lunch, and dinner. The group was able to taste all the

items that were prepared to show that although it is healthy, it can still taste great. We also had two walking events held at the city parks to encourage exercise.

Many of the participants thought that the accountability factor helped to keep them motivated in the challenge. Most did not want to let their team members down by gaining each week. Many also knew that now was the time to take action. Overall, those participating lost a total of 1000 pounds combined!



*Biggest Loser Participants Walking During Lunch*

## Agriculture in Fulton County

The past year has been a success because more and more farmers are daily calling the Extension office for their questions and stopping by more than ever! Extension has been an integral part in helping anywhere from lowering energy costs by using CFL's, making the best informed decisions on buying inputs, all the way to diagnosing insect and disease problems in the home landscape. The Fulton CATS program was again a success. Many farmers attended and learned how to become more efficient on the farm. Some have saved money because of the Ag programs!

Farm women of this county along with women from four other counties learned how to market grain on their farm and learned how to manage pests in the home landscape. All this happened via the Four River Counties Women in Agriculture conference, which is an annual conference held at Columbus-Belmont State Park.

Agriculture in Fulton County is much better than expected. Producers have just finished up a record harvest with record-high average yields. With crops doing this well, it has been my duty to help producers fine-tune their farming operations via research-based recommendations and experimentations.



*Twin Row Corn*

Test plots this year have included two soybean yield trials, one corn yield trial, and one twin row corn study. Also, this was the final year for the UK Wheat Variety Trial in Fulton County. The data from these

trials is being analyzed and will be presented during the CATS meetings in January. All plots have turned out well and will provide great information for producers to make better informed decisions on their respective operations.



*UK Wheat Variety Trial*

Also, more insect trapping was done as part of a multi-state effort. Currently, 8 traps for 7 different moths are checked weekly during the growing season. The information collected from this goes to help farmers make informed decisions of when to scout their crops.

Furthermore, a field day was held so that farmers could learn how to determine what growth stage their corn is in. This has a lot to do with pesticide usage since one can only use a certain pesticide up to a certain growth stage.



*Field Day 2009*

## Communication is Important

It is said that public speaking is the #1 fear that people have. The 4-H Communications Program consists of two components; speech and demonstration. The program is designed to teach youth the parts of a good speech or demonstration, how to write the text, and effective delivery techniques.



*Fulton County Communications Day*

Fourth grade students from Carr Elementary utilized the program and were put to the test. Lessons consisted of learning the components of a speech, learning how to do a demonstration, and activities to help them to be comfortable speaking in front of people. The students then used classroom time to work on their speeches or demonstrations.

On the day of the county event, twenty-two fourth graders recited their speeches and performed their demonstration. Three students went on to compete in the area competition. The teacher was happy with the overall participation in the program and felt the students needed the experience to become better public speakers. She felt that effective communication is the most important life skill a person should have.

## Fall Festival

According to the Coalition for Healthy Children, time once spent on physical or outdoor activity has been replaced by television, computer and video game time. Children in the United States today are less fit

than they were a generation ago says the American Health Association.



*Fall Break Games*

When Fulton County School System went on Fall Break in October 2008, the 4-H program and the Hickman Housing Authority decided to host activities and games for youth at the Hickman City Park. This tactic was used so kids would put down the video games, cut off the television and computer try another alternative such as going outside and playing team games.

The event was set up to be like a carnival. Fun foods such as nachos and cheese, Slushies, and popcorn, made the event even more fun. The games consisted of relay races, tag, games that used balls, Frisbees, a parachute and hula hoops. Teens from the 4-H program helped assist and coordinate games with the youth.



*Parachute Fun*

There were 36 kids that attended and they said they had so much fun and wanted to know when we were going to have the event again. Our goal was for them to enjoy being outside, moving their bodies, and getting a chance to say they did something more for Fall Break than sit at home and play video games and watch television!

## Educating through EFNEP

The Fulton County EFNEP (Expanded Foods and Nutrition Education Program) paraprofessional taught 36 limited resource families how to serve more nutritious meals, keep foods safe, and utilize local food resources effectively. 100% of the families made positive changes in the quality of their diets. 45% made improvements in meal planning and shopping skills. 34% made improvements in choosing healthier foods, healthier preparation methods and learning the importance of the breakfast meal because “Breakfast Makes a Difference.” They all learned how healthy eating habits promote healthier lifestyles.



**Fulton County Cooperative Extension Service Welcomes New Family and Consumer Sciences Agent – Amy Tyler**

### FULTON COUNTY EXTENSION STAFF

Cam Kenimer, Fulton County Extension Agent for Agriculture and Natural Resources

Amy Tyler, Fulton County Extension Agent for Family and Consumer Sciences

Letitia Caldwell, Program Assistant, Expanded Foods & Nutrition Education Program

Sabrina Carter, Fulton County Extension Office Support Staff

### Reaching Out to Fulton County



#### Educational Programs

Programs presented	127
Total participants	2421

#### Educational Contacts

Clientele visits	1134
Telephone consultations	1610
Newsletters distributed	8495

#### Volunteer Development

Volunteers	86
Volunteer hours	6085
Clientele reached by volunteers	9320



### The Fulton County Cooperative Extension Service

*We deliver information, education, solutions.*

For more information, contact us at:

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