

EXTENSION Today



IN GREEN COUNTY

In Green 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 Green 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.

2nd Sunday

Kentucky currently ranks 7th highest in the US in adult obesity. Based on their environment or community, people may choose not to walk to the store or to work because of a lack of sidewalks. Communities, homes, and workplaces can all influence people's health decisions.

In an effort to address the lack of places to be physically active in Green County, the UK Family and Consumer Sciences Extension program coordinated a highly visible and effective community engagement program, 2nd Sunday. The goals, objectives and strategies of 2nd Sunday are intended to help create local built environments that promote physically active lifestyles.

On the second Sunday of October 2009 the Green County Extension FCS agent, and 100 additional KY counties, teamed with local, district and state partners to close a roadway or venue for 4 hours to explore physical activity and community programs that positively affect health, the economy and environment. Over 250 participants participated in physical activities on a street closure for 2 hours in Greensburg where there was numerous activities including biking, running lead by the GCHS Cross Country team, walking, hula hooping and many other activities. The participants then made their way out to Wyatt Jefferies Woods for a 2 hour walking tour of the forest.

Reaching Out to Green County



<i>Educational Programs</i>	
Programs presented	326
Total participants	34,624
<i>Educational Contacts</i>	
Clientele visits	6,142
Telephone consultations	1,662
Newsletters distributed	9,455
<i>Volunteer Development</i>	
Volunteers	513
Volunteer hours	9,194
Clientele reached by volunteers	26,777

Statewide, over 21,000 KY citizens participated with the largest group of 5,000 and the average size of 200. By using over 85 miles of roadways that are already in place, local communities are building a compelling reason for investment in KY's health and built environment. As a result, 2nd Sunday continues to receive meaningful local, state, and national attention.



2nd Sunday participants



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

Head Start Safety Day



Bethany Russell dresses as the cow.

For many families, they believe mistakenly that their preschool students are safe in their own home. From a study from the National Children's Center, some years saw over 22,000 injuries to youth under the age of 20 in homes or on their parent's farms. Nearly two-thirds (over 16,000) of these injuries occurred to youth living on the farm. Green County 4-H recognized the need to start educating our youth early about the hazards that are present in their homes and on the farms in our community.

With the financial support of the Progressive Agriculture Foundation,

Green County 4-H received funding to conduct two safety day events. The total program reached over 400 students. This year's event included a special day targeted to the younger members of our community. The 4-H Teen Club conducted a safety day for participants of our local Head Start program which includes youth ages three to four years of age. The topics included identifying hidden hazards around the home and farm, farm animal safety, and bicycle and equipment safety. The participants evaluated the program by circling unsafe pictures. Of the eighty-four participants, sixty-two were able to identify all unsafe elements of the evaluation.

Green County Biggest Loser Challenge

The Green County Extension Family and Consumer Sciences Agent partnered with the Green County Health Department Health Educator and Andrew Parson, owner and operator of Gravity Fitness to deliver the Green County Biggest Loser Challenge. The Green County Biggest Loser Challenge allowed participants to have support, education and accountability to get started on their healthy goals. Participants weighed in every Monday for 10 weeks. Participants could also choose to participate in educational and physical activity challenges to receive a "pound advantage" and to learn more information on how to achieve their personal goals. Participants were involved online through publications and resources sent through email as well as updated on the Green County Family and Consumer Sciences FACEBOOK page. Many participants were employed fulltime with families and first time Extension

program participants.

As a result of the program, out of 308 people and 62 teams, 232 people and 52 teams completed the program, the participants lost a total of 4055.3 pounds in ten weeks, and 80% of participants monitored their weight more on a regular basis. 75% of participants are incorporating more moderate physical activity into their daily routines and 646 people are currently fans of the Green County FCS FACEBOOK page, where they are able to learn about new Extension programs in Green County. The Green County Biggest Loser Challenge was so successful there is a continuation of the program every month and the next final weigh in will be at the 2010 Second Sunday event.

Tri-County Beef Day

One of the largest sectors of the agriculture economy in Central Kentucky is beef cattle. Green, Taylor, and Adair Counties encompass over 55,000 head of beef cattle. Over the past year, these farmers have suffered lower than expected market prices, causing each producer to strive to be as efficient as possible to derive a profit.

To help aid farmers, the Green, Taylor, and Adair County Cooperative Extension Services, in conjunction with their local cattlemen's associations, offered the Tri-County Beef Day. Over 400 people attended the event held at the Green County Agriculture Center. Participants were able to attend a trade show of over 38 exhibitors, attend workshops on topics such as forage fertility, economics of fertility in the hay field, beef quality assurance training, and view a demonstration fertility trial. 88% of the participating producers evaluations stated that the topics presented were relevant to the operations needs.



Dr. Angie Olt does a demonstration in her presentation of Beef Quality Assurance at the Tri-County Beef Day.

Camp Ropes

For many teenagers, their ultimate goal is to be independent. Green County 4-H strives to begin teaching younger members skills and to allow them to experience independence through overnight camping opportunities. To assist with this goal, 4-H recruits volunteers to help supervise and to provide guidance. 4-H recruited five new leaders this year to assist with our camping program. For the summer camping program, Green County 4-H saw a twenty-eight percent increase in participation where youth learn to live independently for five days. With the assistance of the volunteers, the youth learn money management skills and social interaction skills as they live in a community of their peers. The American Camp Association in a 2005 documented the benefits of summer camp participants to include enhanced overall development including making new friends, learning new skills and becoming more independent.



4-Hers listening for high-ropes instructions.

Extension To Move to New Location

A goal of your Cooperative Extension Service for many years has been to have a facility that would serve our community through educational programs. As programs have grown, space and accessibility has become a major issue. We are excited to announce that vision will be a reality soon. The Green County Cooperative Extension Service signed a contract to purchase a renovated building earlier this summer. The new location once renovations are complete will be in the former Stor More Building located in Happyville. The location will include a large meeting room, two smaller meeting rooms and a “teaching” kitchen as well as a large, covered unfinished space that can be used for community events. Currently, renovations are underway with an expected completion date of early next year. We are excited about the opportunity of being able to expand programs and provide a facility that can be utilized by our community.

County Agricultural Investment Program

Phase I funding continues to play an integral part of the agriculture of Green County. The Green County Agricultural Development Board helped to administer over \$280,000 to the agriculture producers of Green County. The council funded producers with the C.A.I.P. program that included: genetics, fencing, on farm water development, cattle handling, hay storage, diversification, technology, dairy diversification, and forage improvement. Several different educational offerings included as part of the participation in these programs. Although the initial savings created by cost share can significantly enhance a producer’s bottom line, adding new and improved practices to a farm operation yields long term results that add to overall farm profitability. Follow up visits and surveys with producers that have participated in the different programs indicate that those who have improved facilities have better herd health, less labor costs, better variety selection, increased paddocks, etc. As a result, these individuals have been able to show an economic gain to their operation.

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