

# EXTENSION Today



## IN LESLIE COUNTY

*In Leslie 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 Leslie 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.*

### 4-H is Egg-citing!

#### Chick Incubation Project

Learning about lifecycles is an important part of the science curriculum and Leslie County 4-H was able to help bring this subject to life in a fun and “egg-citing” way to students through the 4-H Chick Incubation Project.

Nearly one hundred and fifty 3<sup>rd</sup> grade students from all 4 elementary schools were able to experience the life cycle of chickens first-hand. Each classroom housed an incubator full of fertile eggs and received weekly visits from the 4-H and ANR Extension Agents. In addition to learning about life cycles, students learned about responsibility, how to care for living organisms, and the important role of poultry and agriculture to our county and state.



### Peace, Love, & Poultry

The Leslie County 4-H Poultry Club met throughout the summer months learning about eggs and poultry. During competition at the Kentucky State Fair, two team members placed in the top ten and one team member has advanced to the national contest!



Reaching Out to  
Leslie County



#### Educational Programs

Programs presented	919
Total participants	10,197

#### Educational Contacts

Clientele visits	874
Telephone consultations	3,651
Newsletters distributed	6,952

#### Volunteer Development

Volunteers	242
Volunteer hours	4,361
Clientele reached by volunteers	2,173

## Exploring MyPyramid

### *Learning Healthy Lifestyles*



According to the Centers for Disease Control and Prevention 17% of children and adolescents in the U.S. are obese with Kentucky at 20%. Obese youth are at risk for health problems such as high blood pressure, high cholesterol, and Type 2 diabetes. To promote “Healthy Lifestyles” among youth, the Leslie County Extension Family & Consumer Sciences and 4-H Youth Development programs partnered with the Leslie County Board of Education to offer Exploring MyPyramid with Professor Popcorn to 341 elementary students in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grades.

The Exploring MyPyramid with Professor Popcorn curriculum teaches youth about good nutrition and helps them understand that good health is, in part, about the food and physical activity choices that they make on a daily basis. Youth participated in six hands-on sessions that focused on proper hand washing, grains, fruits and vegetables, dairy, protein, and physical activity.

After completing the Exploring MyPyramid with Professor Popcorn program pre- and post-evaluations were collected. Additionally school nurse’s collected BMI data from each student.

- 68% of youth eat vegetables everyday or most days of the week (12% increase)
- 80% of youth eat fruits everyday or most days of the week (12% increase)
- 78% of youth eat whole grains everyday or most days of the week (21% increase)
- 83% of youth report that they are physically active everyday (8% increase)

- 91% of youth could identify the proper times to wash their hands (9% increase)
- Overweight and obese student rates decreased by 1% and 5.5% respectively from Fall 2009 to Fall 2010

## Taste of the Real World

### *4-H Reality Store Teaches Life Lessons*

The ability to effectively manage money has become increasingly important, but today’s youth are less prepared and less knowledgeable about financial issues and living in the real world.

Through the 4-H Reality Store experience, youth are able to better understand some of the challenges adults deal with everyday in the “real world.” Before arriving at the Reality Store, students take part in classroom activities that deal with budgeting, writing checks, balancing checkbook registers, and identifying needs and wants. Students select an occupation and randomly draw for their marital status and family size. During the actual Reality Store simulation, students must visit different booths (i.e. housing, transportation, insurance, utilities, etc.) and make decisions based on their chosen lifestyle and their family’s needs.

More than 220 8<sup>th</sup> and 10<sup>th</sup> grade students participated in the 4-H Reality Store. As a result, a majority of students planned to begin saving their money, realized the important of budgeting, pledged to try harder in school, and learned how to make wiser financial choices.



*Students that visit the Insurance booth learn about options and discover the choices they make impact their family...and wallet!*

## Heart Healthy Luncheon

### *Promoting Healthy Living*



Heart disease is deadly, common, and costly, affects thousands of individuals in Kentucky, and poses a major public health problem. In 2004 diseases of the heart accounted for 27% of all deaths in Kentucky, according to the Kentucky Department for Public Health and Centers for Disease Control and Prevention.

The Leslie County Cooperative Extension Service partnered with the Kentucky River District Health Department to offer a Heart Healthy Luncheon. This event took place in February 2011 as part of Heart Health Awareness Month. Using the 2010 Dietary Guidelines, we chose the educational topic “Ways to decrease sodium in the diet”. There were 41 participants that attended. Participants looked at commonly eaten foods, their labels and determined the sodium content in one serving. We served participants a low sodium meal and gave each a goody bag filled with a recipe booklet of all the recipes prepared, heart health information, card magnifier, and the 2011 NEP calendar.

A post-evaluation was mailed to each participant one month after the event with the following data:

- 91% of participants knew the correct recommendation of daily sodium intake for people with high blood pressure or diabetes
- 86% of participants learned the important facts about sodium and are now reading labels to determine the amount of sodium in the foods they eat

## Second Sunday (2S)

### *Physical Activity*

According to a report from the Trust for America’s Health and the Robert Wood Johnson Foundation, approximately 1 out of every 3 Kentucky adults are not physically active on a regular basis. Regular physical activity helps protect against heart disease, stroke, hypertension, obesity, and a number of other health issues. Realizing the need to address this growing trend, the Leslie County Extension Council partnered with the FCS Program Council, Leslie County Homemakers, and the Leslie County 4-H Teen Council to bring the statewide Second Sunday initiative to Leslie County for a second year. Second Sunday (2S) is a program designed to promote physical activity and healthy lifestyles for the entire family.

More than 55 youth and adults participated in activities at the Hyden Riverfront City Park. Participants walked, danced, played hopscotch, badminton, Frisbee, basketball, corn hole, and numerous other activities on the playground. Additionally, participants were able to rest and cool down at the “Think Your Drink” booth, where they received a bottle of water and useful information on healthy drink choices.

- 100% participants reported that they enjoyed the event and the opportunity to interact with their family and friends.
- 80% of participants planned to become more physically active on a daily basis.



## Tourism

### *Sharing the Beauty of Leslie County*

Over and over a tourism initiative urged local folks to talk about tourism and county promotion. Most of the time, this resulted in a brochure that was handed out in the county to county people. Once it was to create a web site that no one could find. We cannot accomplish something that we cannot imagine! Over a period of several years, the Extension Office took several groups of individuals from Leslie County to the Kentucky State Fair. They would eat, look at big cows, eat, find giant pumpkins, eat, and admire quilts. Always before going home they would walk through the parade of counties and see how others were promoting themselves. Over time, many asked “why can’t we do something like that”? The Chamber of Commerce (after having been there) pushed for this to happen. The individual stories go on and on with the same result.

Finally, Leslie County filled a space at the State Fair promoting our great county to those who have never been here. Approximately 60 volunteers from different organizations gave out gifts and over 20,000 publications. The intra-agency cooperation was worth it all by its self, but the vision and courage to go into new territories are what it takes to make a difference in tourism. We received honorable mention in the display judging. The experience was so positive the agencies are gearing up already to do a bigger and better job this year.



## Food & Nutrition Education Program

### *Teaching Ways to Prepare Healthy Snacks*

Christine Colwell, Expanded Food and Nutrition Assistant, worked with 68 families teaching them to

plan and prepare healthy meals for their families. She also taught food budgeting, storage, sanitation, and preservation. Christine worked with 78 youth from 4 elementary schools teaching them the importance of hand washing, choosing healthy snacks, the food guide pyramid, and physical activity. Christine also worked with the Leslie County Adult Learning Center and Leslie County Food Pantry.

## Leslie County Extension Staff



### Top Row

**Josh Mullins**, 4-H Youth Development Agent  
**Nanette Banks**, Family & Consumer Sciences Agent  
**Vicki Boggs**, Extension Program Assistant  
**Ray Wilson**, Agriculture & Natural Resources Agent

### Bottom Row

**Donna Napier**, Extension Support Staff  
**Lorene Coots**, Extension Support Staff  
**Corene Trent**, Facilities Maintenance  
**Christine Colwell**, EFNEP Program Assistant

## The Leslie County Cooperative Extension Service

*We deliver information, education, solutions.*

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