

EXTENSION Today

IN PENDLETON COUNTY

In Pendleton 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 Pendleton County Cooperative Extension Office is your connection to UK 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.

MASTER GRAZER

This year Master Grazer program was hosted in Pendleton County with a total of 24 participants 8 of the 24 were from Pendleton Co. Program workshops consisted of 4 evening programs and a field day at the Master Grazer demo farm of Bill and Rita Funke, located on the Pendleton and Kenton County line. Surveys were sent out and we had a return rate of 20 out of 24.

Participants plan to or have:

- 13 Implemented rotational grazing
- 11 Extend the grazing season
- 17 Soil testing
- 11 Increase cattle members
- 13 Improve minerals for livestock
- 16 Improve watering and fencing

One Pendleton Co. Producer stated if he had not put into affect what he had learned in Master Grazer, he would have had to sell his cattle because of the early drought of 2007. In closing Master Grazer was taught by the District 3 agents.

PHASE I PROGRAMS

The Pendleton County Ag Development Board (Phase I Board) has been successful for 2006-2007 in getting 100% of phase I funding to our farmers, through the use of a New Menu approach for all model cost share programs. Farmers can now pick and choose in which programs will benefit them the most, over \$300,000.00 in funding was utilized.

Administrative assistance and facilitation in provided by Pendleton Co. Extension ANR agent and staff. Education session (BQA, EPD, Forage and Goat Training) were provided for all clientele comply with state guidelines and requirements.

Besides the improvements made on our farms, local merchants and vendors have prospered from the cost-share dollars coming into our community.

FRUIT TREE MANAGEMENT

As Pendleton County look to provide some non-traditional farming enterprises, we focused some of our educational effort on horticulture. One program was home and commercial orchard management. Workshop topics included, fruit tree training, pruning, and fruit tree spray recommendations, also a pruning demonstration was conducted by David Koester Campbell Co. Hort Agent to show how to train the newly planted fruit trees for the first few years. A survey showed that 85% of the participants felt comfortable pruning. Hopefully these new educational efforts can meet clientele needs, if it is for a hobby, relaxation, canning or supplemental.

FARMERS MARKET

Pendleton Counties Farmer Market has struggled over the last several years. To have the number of produce to meet the demand for fresh products. In 2006 we had 6 paid members, we have grown in 2007 to 16 paid members. We estimate that total

gross sales for 2007 to be around the \$75,000.00 dollar range. Extension has provided leadership for the market as well educational trainings. This year all 16 members have been trained in the use of Wic and Sr. Coupon Programs. Something new this year, a cookbook was developed by the Extension Service, to be handed out to customers, to improve usage of our locally grown produce.

INTERNET SAFETY PROGRAM

According to the 2006 Teen Internet Survey and Parent and Guardians Take Charge of Websites:

71% reported receiving messages online from someone they don't know.

45% have been asked for personal information by someone they don't know.

30% have considered meeting someone that they've only talked to online

14% have actually met a person face-to-face that they've only spoken to over the internet (9% of 13-15s; 22% of 16-17s).

The survey also concluded that:

42% of parents do not review the content of what their teenager(s) read and/or type in chat rooms or via instant messaging.

95% of parents couldn't identify common chat room lingo that teenagers use to warn people they're chatting with that their parents are watching.

30% of parents allow their teenagers to use the computer in private areas of the house such as a bedroom or a home office.

In Pendleton County alone there are over 2700 individuals within a 20 mile radius of Falmouth that have a MySpace account. Because of this growing number and alarming danger to our youth, the Pendleton County Cooperative Extension Office in collaboration with the Electronic Crime Division presented a parent and student presentation on Internet Safety. In a six week follow-up survey given to parents that attend the 2 hour presentation:

99% found the presentation provided them with useful information

99% increased their internet safety awareness on how to protect their family and children and

75% have chosen to make a change within their own home to better protect their children. Many have moved the computer to a common location or have checked the history of their children's internet sites.

In a follow-up survey given to the teachers that

attended the student presentation:

96% found the presentation to be beneficial to the student body

98% felt they, as well as the students, increased their awareness on internet safety and

68% had the presentation lead into follow-up discussion in the classroom that in one case led to an individual reporting a current internet safety situation.

4-H REALITY STORE

Helping students understand how grades and lifestyle decisions made during high school will influence their future can be difficult. The last thing on the average eighth or tenth grader's mind is how I am going to pay my electric bill, mortgage, and buy that new vehicle I want. In an effort to bring reality home and help students realize how much it costs to maintain a home and family Pendleton County Cooperative Extension Service, the South Family Resource Center, and The Falmouth School Center collaborated together to offer The Reality Store to all 8th and 10th grade students in the county..

Students were given careers and incomes based on their current GPA. Students were then required to visit stations such as the IRS, rent or mortgage, utility companies, house hold items, and other monthly expenses such as car payments, food, and insurance. Many students found themselves having to obtain second jobs to make ends meet, or simply were not able to make them meet at all and had to resort to governmental supplemental incomes.

Upon completing post evaluations 76% of students reported they were going to try harder in school and 90% said they would be continuing their education beyond high school. 48% of students are looking at earning a masters degree. Many reported that they did not realize their GPA would have an impact on their continued education and 22% of students did not even know what their GPA was.

SAFE SITTER PROGRAM

Finding trained childcare providers is a major issue in the county. And helping youth to become productive and responsible people in the community is beneficial for everyone. The Pendleton County Cooperative Extension Service along with the Pendleton County

Health Department offered a Safe Sitter Certification Class. 10 youth, between the ages of 12 and 17 completed the seven hour training session. Written evaluations were sent out after the completion of the class and 80% indicated that they had gained the skills needed to become better childcare providers. 60% said that the training helped them to increase the number of babysitting jobs they received.

Y.A.P

There is a strong need in Pendleton County for true youth adult partnerships.

Adults have been building programs based on the perceived needs of youth without much involvement from youth. For programs to grow and flourish there needs to be a partnership where youth and adults work in collaboration to asses needs, develop programs to meet those needs, and finally to evaluate those programs. But for that to happen there needs to be a meeting of the minds between adults and youth. Y.A. P. was the first step in that direction.

13 youth and adults participated in a youth adult partnership workshop to help them better understand each others strengths and how both sides have valuable input to offer. Evaluations were sent out after the program and all of the adult participants had changed attitudes towards youth involvement in community programs. One even made the statement "I really need to listen to my child's' "life circumstances"."

PHYSICALLY ACTIVE PENDLETON COUNTY

According to the 2005 U.S. Physical Activity Statistics released from the Center of Disease Control and Prevention Kentucky ranked as one of four of the least active states.

Less than 35% of the residence in Kentucky reported reaching the recommended physical activity level with over 25% reporting they were inactive. The cost associated with inactivity and obesity accounted for 9.4% of the national USA health expenditure in 1995. Physically active individuals in the USA save an estimated \$500 per year in health care costs according to 1998 data. The Pendleton County Extension Service in collaboration with other organizations offered several physical activity programs including: Take 10!®, Get Moving

Kentucky, Get Moving Kentucky Youth, Body Recall and Small Steps to Health and Wealth®. The programs offered reached over 1500 residents in Pendleton County ranging in age from 5 – 89.

Follow-up evaluations for youth programs showed:
85% of the youth enjoyed being physically active
78% reported the program encouraged them to try new physical activities and
72% reported they were more physically active since participating in the program.
The adult programs that were offered, using an eight week follow-up evaluation and end of program evaluation showed:
94% reported being more aware of the benefits of physical activity
98% gained knowledge and skills to become more physically active
79% have increased their physical activity level since participating in the program
83% reported continuing to do 30 minutes of physical activity 3 or more days a week and
58% indicated one or more health indicators had improved (cholesterol, blood pressure, BMI, or blood glucose) since participating in the program. Showing an estimated savings in health care cost in the programs offered to the adults and families in our county of over \$100,000.

TAKE 10!®

In response to increases in obesity and other health related problems (such as type II diabetes and cardiovascular disease) among children the Kentucky State Legislature recently passed Senate Bill 172. Federal Public Law (PL 108.265 Section 204) also states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy. The Pendleton County Extension Service served on the local wellness board at both elementary schools in our district. In Pendleton County the TAKE 10!® curriculum, that was funded through a grant obtained by the Pendleton County Extension Office and a collaborative agency, was included as part of both schools wellness policy to help address the physical activity needs of our youth. The TAKE 10!® program promotes health and movement activities

integrated with core academic learning objectives. This not only addressed the need of increased physical activity in our youth in grades K-5th, but also linked physical activity and academics resulting in a calmer classroom atmosphere, better attention by students and increased academic concept. A midyear and year end follow up evaluation was given to the teachers implementing the program. With an 85% return on evaluations, both evaluations, showed the following results:

75% of teachers implemented the program daily as required in the school wellness policy with 20% implementing the program twice a day, increasing the student physical activity each day.

83% stated that the program helped students refocus during long academic blocks increasing their core content comprehension.

50% felt the program helped decrease behavioral incidents within the class room.

91% would recommend the program to another teacher or school district with 25% that have already recommended the program to someone else.

And

82% of the teachers reported that they plan to continue to use the program during the next academic year.

WEIGHT THE REALITY SERIES

Obesity among adult Kentuckians ages 20 and over has increased from 23.5% in 2000 to 26.1% in 2004.

To combat this situation the Pendleton County Extension Office, in collaboration with one other agency, offered a 10 week program entitled "Weight~The Reality Series." Each session included a segment on nutrition with a healthy food to taste, "hands-on" physical activities, sharing time, weekly weigh-in and recording of weight. A pre and post weight, measurement and BMI (Body Mass Index) was completed on each participant. A total of 16 individuals started the program with 13 completing the program. Participants ranged from early 20's to early 70's in age.

Participants lost a total of 94.5 pounds; over 12 inches and every participant went down at least one point on their BMI. In an eight week follow up survey titled, "Is it working," with an 85% return rate, all participants scored in the category of "making meaningful changes that will enhance their well-being."

80% feel they can better manage their weight, 90% has added physical activity on a regular or weekly basis, 50% feel they are consuming more fruits and vegetables, and 90% feel they have made healthy dietary changes. On one evaluation and I quote, "the class encouraged me to get focused and to make a life change, not a "fad" diet. Not only has it helped me, but I have shared this information with friends and family." All participants reported that they are eager to sign up for the program again next year.

Reaching Out to Pendleton County

Educational Programs

Programs presented	246
Total participants	18,311

Educational Contacts

Clientele visits	2,485
Telephone consultations	3,640
Newsletters distributed	14,500

Volunteer Development

Volunteers	307
Volunteer hours	35,657
Clientele reached by volunteers	37,896

The Pendleton County

Cooperative Extension Service

We deliver information, education, solutions.

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