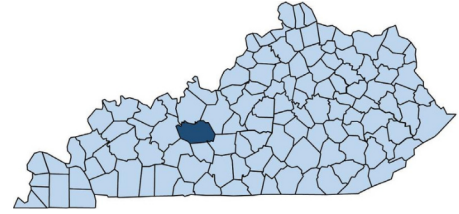


REPORT TO THE PEOPLE

Grayson County 2023



DID YOU KNOW?

Grayson County is home to over 26,000 residents and covers over 499 square miles!



Website: grayson.ca.uky.edu



<https://facebook.com/grasoncountycex/>



<https://www.youtube.com/@graysoncountycooperativeex5788>

For More Information, Please Contact us at:

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4-H Youth Development



Grayson County campers were able to participate in many activities at camp.

366

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming.

38

Number of youth who served as group leaders or officers

For the second year in a row, Grayson County 4-H has had a significant increase in camper participation increasing from 65 beds filled in 2022 to 101 filled for the summer 2023 camping program. This included 82 campers, 8 CITS/teens, 10 adult leaders, and 1 agent. This is the highest participation count the county has ever had. Important factors that have led to the increase: EDB budgets for the 75% educational programming cost of the camper fee. This allows the agent to advertise a significantly reduced cost to the camper. For 2023, the cost was \$75 per camper. The EDB additionally budgets for the bus expense, which the bus need increased with the increased participation. 2022 campers received a priority registration window before information began being distributed to the schools. The 4-H Agent has programming with all four elementary schools, hitting all fourth graders, fifth grade in three schools, and third grade in one school (approximately 560 youth). Of the participation for the county, 59 of the 82 campers were first timers, with camp being the first overnight away from home event.

Family and Consumer Sciences

Many individuals and families have had a renewed interest in food preservation in the past 3 years. Some are turning to the internet for instruction, but much of what is on the internet is misleading or just wrong. Safety when preserving food should be priority and research-based methods should always be used. With this in mind, the Grayson County Extension Agent for FCS, implemented several food preservation workshops in June 2023. A total of 33 participants were reached through 5 different workshops. The first workshop was conducted virtually and was marketed to individuals with little to no food preservation experience, or those wanting a refresher on the basics. Following the Intro to Home Canning class, 4 hands on classes were facilitated, 2 water bath and 2 pressure canning classes. After attending the various food preservation workshops 100% of participants reported they could identify safe, research-based methods of home food preservation, understand the difference between low and high acid foods, and can also identify the correct method of canning based on a food's acidity level.



Participants demonstrated hands on canning techniques.

23

Number of individuals reporting a new skill to prepare themselves for the workforce.

123

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation and/or preservation of food

Agriculture and Natural Resources



Hands on demonstration on how to look for anemia in sheep.



Nutrition Education

Childhood obesity presents a serious health problem, one that can potentially plague children for the rest of their lives. Some of the negative health outcomes associated with childhood obesity include diabetes, high cholesterol and blood pressure, joint pain, asthma and sleep apnea, and nonalcoholic fatty liver disease. On average most children are spending 7.5 hours a day of screen time, rather than being physically active. In an effort to combat this problem, the Senior Nutrition Educator from Grayson County, KY recently taught a series of nutrition classes in three kindergarten classrooms at Lawler Elementary School located in Leitchfield, KY; using the LEAP curriculum. This curriculum emphasizes the importance of physical activity, as well as healthy snacks, fruits, vegetables, dairy and personal hygiene. There was a total of 59 students in the program. Pre and post test were given to the students. The post tests revealed that there was a 61% increase in students who could identify what physical activity is, there was a 61% increase in the number of students recognizing healthy snacks, a 96% increase in students who could identify dairy foods.

One of the main challenges with small ruminants in Kentucky is parasite control. This is due to weather, pasture availability and growing anthelmintic resistance. The use of the FAMACHA® system allows small ruminant producers to make selective deworming decisions based on an estimated level of anemia in sheep and goats affected by barber pole worm infections. ANR agent partnered with the Kentucky State University's small ruminant veterinarian to conduct the program. Seventeen participants attended the three-hour training. The hands-on session allowed participants to use the FAMACHA card to check eye lid color and determine whether those animals needed to be treated. There was a variation of colors in the animals so participants could see different levels of the FAMACHA card.

All 17 participants were able to receive their certification and take information back to their farms to use in their decision-making process on their farms as it refers to deworming and parasite management.



LEAP FOR HEALTH
uses storybooks and activities to teach children about nutritious foods, healthy eating habits, hand washing, food safety and being physically active.



Target Audience:
Children and their caregivers! Pre-K through 3rd grade

Program Delivery
The program is ideal in a variety of settings, including:

Promotional materials for LEAP program were distributed through the county.



NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



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... just a few ways Extension supports Kentucky

537 people reported increased confidence in their leadership abilities through KY Extension Leadership Development (KELD)

259 empowered individuals engaged in coalitions or organization to address a significant community issue.

46 Counties engaged in community health coalitions

4987 individuals reported a new skill to prepare themselves for the workforce.

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