



**REPORT TO THE PEOPLE**  
Grayson County 2023-2024

DID YOU KNOW?

Grayson County is home to the Twin Lakes National Fiddler Championship, held each year in July!





## 4-H Youth Development



Students learn the parts of a plant using actual foods that are that part of the plant.

500 Number of youth (5-18) engaged in SET 4-H Programming

360 Number of youth (5-18) engaged in Natural Resources 4-H Programming

## Family and Consumer Sciences

Physical inactivity and obesity continue to be roadblocks to health and wellness achievement in Grayson County. This was identified in two community health surveys conducted by the local hospital and the Grayson County Cooperative Extension Service. The Community Health Committee is a multi-faceted partnership between Owensboro Health Twin Lakes Regional Medical Center, Cooperative Extension, the local health department, the school district, and additional passionate community members. Recognizing the profound impact of physical activity on overall well-being, a vision took shape in the form of Fitt Fiddle, a mascot derived from Grayson County's rich history with Bluegrass Music and home of the National Fiddling Contest! Fitt shows up at local events, in parks, and took a tour in January 2024 to all elementary school PE classrooms!

Through partnerships with schools, businesses, and civic organizations, Fitt Fiddle is starting to weave itself into the fabric of daily life in Grayson County. The legacy of Fitt Fiddle continues to unfold and be an influence for health!

The Grayson County 4-H Agent has increased school program reach throughout the counties four elementary schools. Positive youth programming spans primarily from grades second through fifth grades, with an occasional Kindergarten group. The opportunities to reach so many youths throughout these grades have increased program and club participation as well as the significant increase in youth attending 4-H camp each year. The agent has created a rapport with the youth at the schools, as well as the staff throughout, that they all ask as soon as walking in the door "what are we doing today!?" and by the end of the year, "will we see you next year?"

The students know that by their fourth-grade year, they will be at the pinnacle of what they have been waiting for! They know their activities for the year will include DNA extractions, cow eyeball dissections, SNAP circuit kits, owl pellets, and more, all culminating with the rocket lesson, building and launching. The agent uses 4-H curriculum and activities to supplement what the students are learning about in science as that subject, along with math and reading, are on the KSA test for fourth grades.



Fitt Fiddle encourages participants to keep striving to be "fit as a fiddle."

2612 Number of hours KEHA members volunteered in community activities and events

38 Number of Extension empowered individuals engaged in coalitions or organizations to address a significant community issue

## Agriculture and Natural Resources



Fourth graders learned about tractor safety at Progressive Ag Safety Day with WRECC.

282

Number of people who increased knowledge of farm health and safety practices

250

Number of people who collected soil samples for testing

The Grayson County Agriculture and Natural Resources (ANR) Advisory committee expressed interest in focusing on youth and safety in the last program year. Grayson County Agriculture and Natural Resources agent reached out to WRECC who already conducts a yearly safety day, to provide her the opportunity to use the resources of the nationally recognized Progressive Ag Safety Day program. This program focuses on safety in the home, community, and the farm. This program offers support, curriculum, giveaways, to name a few. The ANR agent attended coordinator training, and worked with the WRECC committee to plan the program for over 300 4th graders in Grayson County. This year there were 8 different stations hosted at the WRECC building on April 24th. Those included: Fire/rescue, First Aid, Firearm/Drug Safety, Electrical safety in the home and outside, Water Safety, Internet safety, and tractor/lawn mower safety. The program would not have been a success without the local first responders, agriculture dealers, RECC, health department, and local businesses. There were over 37 volunteers in attendance. Overall, the program was a success due to everyone involved.

## Nutrition Education

In Grayson County, Kentucky, there has been an impact of nutrition education on third graders that has been nothing short of inspiring. Over the past school year, these young students have learned about healthy eating habits through the specialized Nutrition Education Program (NEP) from the University of Kentucky. The NEP Assistant that taught these lessons used the Professor Popcorn Curriculum. These lessons are designed to empower children with knowledge about nutrition and healthy food choices. Through hands-on experiences and engaging discussions, the students learned the importance of balanced nutrition and how to apply that knowledge to their daily lives. They also learned the importance of physical activity. An astounding 95% of the participating children demonstrated improved abilities to choose foods according to federal dietary recommendations or has significantly increased their knowledge thereof. This knowledge also enhanced their newfound confidence in making informed food choices. The Nutrition Education Program has laid a strong foundation for a lifetime of healthy habits to support overall wellbeing.



Preschool students learn not to judge food by their appearance after reading the book Green Eggs and Ham by Dr. Seuss.

300

Number of students enrolled and graduated from the Nutrition Education Program

64

Number of adults graduated from the Nutrition Education Program



# NOTHING IS OUT OF REACH.



**Healthy Families. Healthy Homes. Healthy Communities.**



[extension.ca.uky.edu](http://extension.ca.uky.edu)



@UKCooperativeExtension



@UKExtension



@UKAgriculture

## ... 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.*



**University of Kentucky  
Cooperative Extension**

S-107 Ag Science Center North  
Lexington, Kentucky 40546-0091  
(859) 257-4302

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.