

# Report to the People

## Bell County • 2019

COOPERATIVE EXTENSION

 University of  
**Kentucky**  
College of Agriculture,  
Food and Environment



Bell County Volunteer Fire Department talk about fire safety with the kids.

### Safe Communities Family Day Camp

With children being raised by grandparents and drugs affecting many families, young children are finding themselves in unsafe situations. Families and community members reached out to the Bell County Cooperative Extension Service for help to get young children familiar with community helpers and ways to make them feel safe.

With the help of the Bell County Sheriff's Office, Volunteer Fire Department, Emergency Management Service, Air Evac and the Division of Forestry, Safe Communities Family Day Camp was carried out! 18 children (ages 8 and under) and their families came together to meet local community helpers to learn about services that they provide. For two days families met firefighters, paramedics, police officers, flight nurses and forest rangers that provided information on ways to keep them safe and protect their community. They were taught that these individuals are our friends through various activities that help foster positive attitudes. Because of the program 90% of children can now identify local community helpers and are not afraid to ask for help.

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### **For More Information, Please Contact us at:**

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## Family and Consumer Sciences (FCS)



*Participants learning healthy recipes*

### **Tasty Tuesday**

With more farmers and local grocery stores providing fresh fruits and vegetables in the community, people are looking for ways to prepare those foods and give their families different meal options for breakfast, lunch and dinner. The FCS Agent offered a series of cooking classes to provide new recipes using the SNAP ED calendar and Plate It Up recipe cards.

23 families and homemakers participated in the classes and were given opportunities to try new recipes and practice their cutting, chopping and dicing skills. After the program concluded, 85% of the participants said they would prepare the new recipes at home for their families. 100% now recognize the importance of getting fresh fruits and vegetables in their diet and where to purchase them.

### **4-H Youth Development**

#### **4-H Program Provides Gateway to Good Health**

Though tobacco use among youth has been greatly curbed nationally in the last several decades, it can still be an issue. More than 80% of adult smokers began smoking before the age of 18. The Family Resource & Youth Service Center Directors in Bell

County were aware of this issue in their schools and reached out to the Bell County 4-H Program for help. The 4-H Agent designed and developed a program to address this need. The goal of the program was to make youth aware of the dangers of smoking cigarettes and using smokeless tobacco. They are given information about health effects of smoking, and discuss the ingredients in cigarettes and smokeless tobacco. They calculate the cost of using tobacco. The students do a physical activity while breathing through straws and coffee stirrers to simulate what it would feel like to struggle to breathe.

Recently, the 4-H Agent had an opportunity to have a conversation with a high school junior at a Bell County High School Career Fair who experienced the program as a 6th grade student. In 2013, the 4-H Agent asked if he would like to pledge not to use tobacco, his answer stood out. This young man said, "It's a little too late for that," and admitted that he uses smokeless tobacco regularly. So when the 4-H Agent saw him this year, she remembered and inquired, "Are you still dipping?" The young man responded that he had quit using tobacco! "That Mr. Dip Lip you brought to school was so gross! And I just decided there's a lot of other things that I want to spend my money on other than dip," he said.

The program has been delivered by the 4-H Agent and many different partners over the years. While the intermediate success and reach of the program has shown successful results since its implementation in prevention of tobacco use, for this young man to have quit using tobacco as a result of this program is a long-term success that will have lifelong beneficial health implications for him.

Studies show that individuals who stop using tobacco increase their life expectancy, reduce their risk of stroke, cancer, high blood pressure, gingivitis, tooth decay and tooth loss.



*Children learning about animal pelts*

## **Agriculture and Natural Resources (ANR)**

### **Kentucky Furbearer Program**

The average person in today's society has little knowledge of the native wildlife living around them. When native Kentucky animal pelts are displayed in public settings most don't know one species from another. In an effort to address this situation the ANR agent developed the Kentucky Furbearer Program over 16 years ago. In this program information is presented on history, biology, ecology, and wildlife management.

Historically, furbearers were instrumental in drawing early European explorers through the Cumberland Gap into Kentucky. Beaver pelts were particularly in high demand in the 18th century due to the beaver felt hat market in Europe. Folks like Thomas Walker and Daniel Boone traversed much of the new frontier in search of fur to ship back east. Over the last year the Kentucky Furbearer Program has been presented at 18 venues in 11 counties with more than 3,000 individuals being given basic information on Kentucky's native furbearing animals. Over the years several individuals have actually started hunting and trapping these furbearers due to this program: some for recreation, some for fur, and some for control of nuisance animals.

### **Backyard Beekeepers**

Due to concern over honeybee populations, the Bell County ANR agent was contacted by three beekeepers who wanted to start a local club for beekeepers. Their mission was to provide a venue for local beekeepers to congregate and share experiences in an effort to increase their overall success rate in keeping bees alive and producing more quality honey for consumption and sale. The Bell County ANR agent facilitated the organization of this club.

From the three original beekeepers, the club has grown to a membership of over 80. They meet monthly except in the winter months. Several well known speakers have provided educational programs at these meetings, including the Kentucky state apiarist. Bell County Backyard Beekeepers have started a youth mentoring program and give a young person a startup hive each year. They regularly exhibit at community events to educate others about the importance of honeybees. Senior members teach seminars at bee schools in neighboring counties and provide assistance to novice beekeepers.



*Beekeepers examining a beehive*

## SNAP-ED

### Diabetes on the Rise

Due to poor diets and lack of physical activity in daily routines, diabetes is on the rise in Bell County. The Center for Disease Control and Prevention and Kentucky Department for Health report that 25% of adults in Bell County have been diagnosed with diabetes.

The Bell County Cooperative Extension Service SNAP-Ed Program, through the University of Kentucky, offered a series of nutrition lessons to citizens of Bell County. The SNAP-Ed Assistant educated a group of 5 women on the benefits of eating healthy by using the Healthy Choices for Every Body Curriculum. The group learned how to build a healthy plate at each meal by using portion control, knowing the limits of solid fats and added sugars, and not exceeding their daily calorie intake. Upon exiting the program 100% of the participants showed a positive improvement in their diet quality.

One participant stated, " During the time I have been in this program my blood sugar levels have gone from the 300's to the 150's."



*Participants making Mom's Macaroni Salad*

## Extension At a Glance

- 250 Number of youth who apply the skills learned in 4-H and in other activities at home, school, or in the community.
- 9825 Number of hours KEHA members volunteered in community service (non-Extension) activities/events.
- 100 Number of individuals addressing community problems by assessing community needs, developing and implementing solutions.
- 50 Number of youth who indicated they know how to use information they are given to make decisions.
- 150 Number of individuals who reported eating more healthy foods
- 200 Number of youth who reported that they can set and accomplish a goal.
- 50 Number of KEHA members who worked with youth on behalf of Extension.
- 300 Number of individuals who are comfortable identifying community problems.
- 65 Number of youth who reported gaining at least one new life skill as a result of participating in specialty camps.
- 50 Number of families who grew a garden this year.

***It Starts With Us.***  
***Healthy Families. Healthy Homes.***  
***Healthy Communities.***