

Report to the People Caldwell County • 2019

COOPERATIVE EXTENSION



Parents and children enjoy interacting together at 4-H Cloverbud Camp!

Cloverbud Camp is a chance for youth ages 5-8 to have an opportunity to experience 4-H Camp in a more secure setting than traditional 4-H Camp. Cloverbuds are afforded the same experiences as campers. However, at Cloverbud Camp, parents or guardians are required to attend with campers. This is a win-win situation because it allows a child the security of knowing that mom, dad, or even their grandparent is close by, as well as, provides an opportunity for very special bonding time between campers and their chaperones.

Campers and their parents made new friends from all across West Kentucky and were exposed to 4-H opportunities available to them, especially the 4-H Camp facility. In 2019, 86% of the eligible Cloverbud campers from the previous year, attended 4-H Camp as a regular camper. Two teens that served as leaders were former Cloverbud Campers. In addition, because of the exposure and participation in Cloverbud Camp, Caldwell County gained a new adult 4-H camp volunteer. One parent posted on Facebook after attending Cloverbud Camp, *“We had a great weekend relaxing and having fun at Cloverbud Camp. It’s good for the soul and the family to play together.”*

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4-H Youth Development

Teen Leadership Academy – Growing Leaders of Tomorrow

Five Western Kentucky County 4-H agents – Caldwell, Crittenden, Livingston, Lyon, and Trigg – joined forces to meet a need that was presented across all county borders. Middle school students lacked opportunities to expand leadership potential and learn about community engagement. Under the direction of the county 4-H agents, four delegates from each county were selected through an application process to participate in a year-long leadership academy that would help them become more aware of community assets and help them grow leadership skills. Each month, the academy delegates visited a different county where they learned about everything from the importance of tourism in our area, to industry in the global market.

Delegates in Caldwell County put their leadership skills into action in several capacities throughout the year. Several of the delegates served as hosts for the 2018 Annual 4-H Banquet. All four TLA delegates were members of the Middle School 4-H Teen Club and were responsible for giving a report of the month's activities at each meeting. Three of the four members, attended the 2018 4-H Summit and four of the five delegates that attended Teen Conference, were graduates of TLA. Each of these events are great opportunities to develop leadership abilities and enhance essential life skills.



Teen Leadership Academy participants use hands-on experiences to learn about the judicial system.

Family and Consumer Sciences (FCS)

Zumba, Yoga, Pilates, and More

The Centers for Disease Control reports that 33.2% of Kentucky residents are obese and only 16.6% of Kentuckians meet the aerobic and muscle strengthening guidelines. Physical activity has been shown to help individuals meet healthy weight goals, strengthen bones and muscles, improve mood, prevent falls, and reduce the risk of cardiovascular disease, type 2 diabetes, and some cancers.

The Caldwell County Family and Consumer Sciences Agent taught Zumba, Yoga, Pilates, and more to 36 participants in eight surrounding counties. The lesson included information about the importance of physical activity, how much time individuals should spend being physically active, the types of physical activity, and descriptions of a variety of group fitness options including: zumba, yoga, pilates, barre, and indoor cycling.

Following the program, participants stated they understood the benefits of being physically active and 86% plan to increase their level of physical activity, with 96% can explain a variety of group fitness options. The participants with access to a smart phone or tablet plan to download and use the FitBlue.

Stories, Songs, and Stretches

According to the 2017 Early Childhood Profile, only 63.4% of children in Caldwell County are ready for kindergarten.

The Family & Consumer Sciences Agent partnered with the George Coon Public Library to offer the Stories, Songs, and Stretches!© program. This yoga-inspired program is designed to promote early literacy, physical literacy, and social-emotional learning. The program combines books, music, movement, yoga, and mindfulness.

Stories, Songs, and Stretches was conducted at the library and Extension Office, once a month, for eight months, for 27 children under the age of 5 and their caregiver.

At the conclusion of the program, caregivers stated that they have noticed their child repeating program activities at home. Activities included: reading, singing, jumping, counting, yoga poses, and mindful breathing.

All caregivers reported participating in program activities, as a family, at their home.

- 93% have noticed an improvement in their child's gross motor skills, social skills, and ability to express emotions.
- 93% have also increased the amount of time spent reading together as a family.
- 86% have noticed an improvement in their child's early literacy skills.

One parent of a two-year old commented, "I bought my daughter a hoberman's sphere and she practices breathing in and out with it like you do in the program!"



Children and adults practice gross motor skills through balance exercises.

Agriculture and Natural Resources (ANR)

Master Horse Owner Courses

Horses are an important part of the agricultural economy in Kentucky, and the Caldwell County area has numerous working quarter horse farms that greatly add to the local economy. In addition to the economic value of the horse industry, they hold a significant social value. Western pleasure horse clientele make up the largest percentage and many horse owners are turning to the horse as a means of family recreation.

Many of these horse owners have limited experience with horses and are often from a non-agricultural background. This group seeks basic non-technical information on nutrition, health care, facilities, basic training, and riding so they can enjoy their horses in recreational activities.

This fall, agents in Caldwell, Crittenden, Livingston, and Trigg Counties worked together to host the Master Horse Owner Course. Three sessions were hosted at different county locations that covered these important topics: Health, Feeding your Horse, True Cost of Horse Ownership, Hay Selection, Pasture Management, and more. Twenty-one participants completed surveys and 20 reported they learned a new skill. Fifteen planned to implement one or more new recommendations. A series of equine programs is ongoing in this region to meet the need of this diverse topic.

Supporting the Tobacco Industry in Caldwell County

No matter how one feels about tobacco, it's production has a colorful history and the tradition runs deep in Caldwell County. Since the 1800's, this area has consistently produced high yielding and fine quality tobacco. Production levels for dark fired, air cured, and burley in Caldwell County, surpassed 1,240,000 lbs. in 2018. Producers face constant challenges in producing a high quality product. Labor regulations, changing GAP procedures, major diseases, and severe weather events, are just a few of the challenges.

The University of Kentucky continues to provide farmers with the most current research based information. Caldwell and Trigg Counties have worked together to host educational meetings each year to help producers make valuable production decisions. This year over 60 producers were in attendance. Meeting topics included: Variety Updates, Results of On-farm Trials, Market Projections, as well as, GAP Certifications with Workbooks that will help producers organize their record book requirements. All surveyed participants stated they feel strongly this meeting was vital to their preseason planning and plan to implement one or more of the recommendations provided.

"All the agricultural programs benefit farmers in the community. The information is important in helping us farmers meet the challenges we face."

~Local Farmer



Participants learn about healthy lifestyle choices and proper cooking methods.

Snap-Ed (Supplemental Nutrition Assistance Program)

Healthy Choices for Everybody

The Caldwell County SNAP (Supplemental Nutrition Assistance Program) paraprofessional taught 38 limited resource families how to serve more nutritious meals, keep foods safe, and utilize local food resources effectively.

- 97% of participants made a positive change as a result of this program.
- 64% of families reported eating more vegetables and fruits each day, drinking sugar-flavored beverages less often, and cooking dinner at home more times per week.
- 74% of families increased the frequency of moderate physical activity each week and made small changes to be more active.
- 50% of families reported an increase in food safety practices including: washing their hands before preparing food, cleaning items or surfaces after contact with raw meat or seafood, thawing frozen foods properly and using a meat thermometer.
- 61% of families compared food prices, planned meals, and made a grocery list more often before shopping.

“Many participants have never cooked before and really enjoy coming to cooking classes. Your classes make participants more conscious of nutritional value and what not to eat.”

~Community Partner

Extension At a Glance

- 2,110 volunteers were engaged in Extension programming.
- 78 producers completed the Kentucky Pesticide Applicator Training.
- 78 producers plan to improve spray applicator record-keeping as a result of Extension programming.
- 325 hours were spent volunteering in the community and Extension by Caldwell County Homemaker Members.
- 262 individuals experienced an increase in knowledge regarding lifestyle changes that improve personal health.
- 550 youth were provided with diversity focused education.
- 462 youth reported making healthy lifestyle choices.
- 55 residents reported an increase in accessing fresh, local foods.
- 236 ninth grade students developed a better understanding of the risk and harm of substance use through the Truth & Consequences program.
- 64 individuals implemented at least one strategy to reduce expenses or manage money as a result of financial management programming.
- 438 pints of vegetables, soups, and meats were canned using pressure canning techniques.
- 500 youth can identify natural resources in their community.

It Starts With Us.

*Healthy Families. Healthy Homes.
Healthy Communities.*