

2019 Report to the People

Livingston County

COOPERATIVE EXTENSION



Livingston County Community Members meet to discuss the needs of our county at the Community Needs Assessment meeting.

In September 2018, the Cooperative Extension Service launched the Community Needs Assessment. The final aspect of the program, the Focus Group, went very well in the County. Two focus groups met with nearly identical results. The participants were eager to identify visions of a vibrant county, identify barriers to those visions and identify issues that need addressing to achieve those visions of a vibrant county. Our focus groups left energized and empowered to continue the meeting into monthly community strategic planning meetings. The participants stated that they found the environment was inclusive, objective and productive. Many stakeholders felt empowered to share needs and ideas formed in the meeting. One participant stated, “I can’t wait to take action on involving our families and teens in the process!” Another participant exclaimed, “I can’t believe the Teen Focus Group came up with the same needs as our group (all adults) did! The Extension survey effort was favorably received by the participants and has launched a new mission of involvement in the community.

For More Information, Please Contact us at:

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Agriculture & Natural Resources

Livingston is a very rural county, the 2017 Census of Agriculture report that there are a total of 365 farms in Livingston County. The report also states that 36% of our county income comes from livestock, forage, and grain production. Our county draws a wide variety of people that also have a need for agricultural services, which can be offered by cooperative extension ANR.

Even with the non-farming population in our county, there is a wide range of agricultural needs. Many of our home owners maintain home vegetable gardens, lawns, and beautiful landscapes. This winter Livingston County ANR started a series of hands on classes to address some of the interests and needs of these clients. Classes on basic vegetable production, small space gardening, and how to make concrete landscape containers were offered and received well.

Consequently lawn and garden soil samples are starting to increase at the Livingston County Office. There is more awareness and interest in the services we have to offer to the community. Another great effect was the gathering of a small but diverse group of people ranging from retirees, home owners, and youth coming together to enjoy learning about various topics.



Concrete Landscape Container Class



Local Beef Producer David Eison

The beef industry is one of the most important parts of Livingston County's farm income, encompassing both full-time and part-time farm operations in Livingston County. Livingston County ANR works closely with its local cattlemen and the university to provide great educational opportunities and tools to help our local beef producers. One of the largest robbers of income for cow calf producers are cows that fail to re-breed or re-breed late. Most but not all these problems can be traced back to cow nutrition.

The UK Cow Forage Supplement Tool has proven to be a simple but useful tool to our counties operations. Livingston County land owners get twenty five soil or forage samples free each year. Over the past two years, forage testing has increased. This is partially due to the UK Cow Forage Supplement Tool. This tool allows the farmer to enter various information to obtain the optimal level of production. These use of this simple tool and our testing program, has allowed for better body scores of local heifers and cows. This, coupled with educational materials and programs has helped with local production.



4-H Chopped Day Camp

4-H Youth Development

Not all youth learn the same way, but all youth learn. Youth with special learning needs are able to utilize the 4-H experiential curriculum either in-group work or in independent projects. Youth are able to seek their passions in the 4-H curriculum because in Kentucky 4-H the only limitation to special interest clubs is a qualified caring adult leader.

The Livingston County 4-H Program works diligently to ensure that all programming is accessible to youth regardless of their disabilities.

In the Fall of 2016, a parent contacted the Livingston County 4-H agent after seeing a flyer on the introduction of a CHOPPED Cooking Special Interest (SPIN) Club. The parent carefully proceeded to share special accommodations her son would need in order to have a positive experience in club activities.

She explained that her son had a form of autism, called Asperger's, that allowed him to be high functioning but with limited social development. The mother and the agent met to discuss any necessary accommodations that needed to occur but expressed his greatest need was social interaction. After making accommodations, the agent found that this youth was helpful and was willing and able to assume leadership roles in the club when asked.

The following year, the youth was able to demonstrate proper kitchen safety skills to younger youth. In addition, he was active in planning subsequent meeting cooking activities as well as set short-term goals.

By his third year in the cooking club, the youth was leading meetings, supervising kitchen safety, and helping the agent and adult volunteer with education and clean up. The nutrition lessons he received allowed him to plan, grocery shop, and prepare healthy meals at home for his mother.

Finding a creative niche in culinary arts as well as a social outlet in 4-H Youth Development, the young man enrolled in the Culinary Arts Program at West Kentucky Technical College in Paducah, KY. His mother states, "4-H allowed him to develop socially and encouraged him to try new things. He now has set goals, looks forward to the future, a job, and is getting straight A's in his college courses."

Excited about an upcoming culinary arts educational trip to France, this young man found his passion along with belonging, independence, generosity, and mastery in a county SPIN Club. He is prepared for a great future and is productive member of the community.

Expanded Food & Nutrition

This past year the Livingston County NEP Paraprofessional worked to promote nutrition knowledge and access. As a result, 77 limited resource families now serve more nutritious meals, keep foods safe, and utilize local food resources effectively. Almost all of the NEP families made an improvement in the nutritional quality of their diet.

Nearly 100% of NEP graduate families consumed a diet of higher quality because they planned meals using My Plate, considered health choices, and read the "Nutrition Facts" label. Some of these families increased the frequency of moderate physical activity to 30 minutes per day. Half of the families demonstrated an improvement in safe food handling practices and hand washing behavior.

More than half of these families learned to plan meals ahead of time and use a grocery list to guide food selections. A marked improvement was shown in food comparison behavior and they were better able to afford food.

The Livingston County Expanded Food and Nutrition Education Assistant also holds classes at each school during the after school programs. Children of all ages learn to choose, eat and prepare nutritious foods. Over the past year 121 of 147 children/youth have improved their ability to choose foods according to Federal Dietary Recommendations.

"Our Extension office offers wonderful classes and programs for our county residents and I would love to see more people take advantage of them. We have such a good time together."

Diana Filbeck, Extension Client

Extension At a Glance

340 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community

104 Number of producers who plan to adopt one or more fertility management recommendations

355 Number of producers who reported improved record keeping practices as a result of Extension programs

100 Number of total volunteer hours completed through the Truth and Consequences: The Choice is Yours Program

173 Number of producers willing to adopt improved soil health/quality practices to improve profitability due to extension programming efforts

233 Number of youth reached by volunteer-led Extension programs/activities

427 Number of youth who indicated they know how to use information they are given to make decisions

46 Number of producers testing stored forage

787 Number of youth who are more aware of preparing and eating healthy, local food

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