

Report to the People

McCracken County • 2019

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Blender Bike and Dietary Guidelines

The Blender Bike Helps Make Healthy Lifestyle Choices

The Blender Bike toured nine different summer camp groups and made learning about healthy drink choices more fun!

The Blender Bike is a fun and interactive teaching tool that almost 350 kids got to utilize to peddle their way to a real fruit slush. The blender will only work through the physical effort of peddling. Kids (and some adults) peddled their way to a freshly blended fruit slush at each site. The kids said after riding the stationary bicycle it made them want to go home and ride their own bicycle.

- 43% of the kids reported riding their bike more after riding on the blender bike.
- 78% of the kids liked the blender bike fruit slush and 19% of the kids had made one at home in the past week.
- 12% of the kids had started to choose water instead of some of the sugary drinks they normally consume.

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Cooking on a Budget

Eating healthy, and saving money are two major topics in society. With “unhealthy” options more affordable, people are searching for ways to eat healthy and still be frugal. The McCracken County Cooperative Extension office offered “#Adulting,” a series entitled “Cooking on a Budget”. Chef Guy Brown spent the evening preparing meals that were not only healthy, but inexpensive. Chef Guy showed the audience how items such as lasagna in a jar, mesquite salmon, teriyaki turkey tenderloins, and many other dishes could be prepared healthy and fast.



Embracing Aging

People are living longer. Kentucky’s current population of seniors (65+) is 13.3%, and in McCracken County's it is 19.4% a number that is expected to double in the next 40 years. Whether it is the graying of America or extended life expectancies, aging is a lifespan process.

The Family and Consumer Science program, "Keys to Embracing Aging" was offered in two locations and had over 35 participants. The lessons focused around having: a positive attitude, smart and healthy eating, physical activity, personal health numbers, and stress management.

- 73% Focused on having a positive attitude
- 70% Took at least 10 minutes for myself everyday.
- 62% Knew their health numbers.



Celebrating Diversity!

Calling All Colors had 162 youth attendees, ranging from grades 5-12. Participants of CAC are charged with the task of developing and implementing a diversity program or event at their local school. McNabb Elementary was awarded the 1st place prize for their thorough skit outlining diversity in the areas of gender, language, and religion. Students were recognized at their 5th grade transition ceremony for their efforts in spreading awareness of diversity.



Floral Design Class Teaches Skills for Area Residents

Floral Design participants created a single design in a small vase learning to take cut flowers and use professional items available at local retail stores to make quality floral designs.

McCracken County Snap-Ed

Seventy-one limited resource families were taught how to utilize local food resources effectively, serve more nutritious meals, and keep foods more safe. More than 50.5% of families demonstrated an improvement in safe food handling practices, utilizing food thermometers and hand washing behaviors. Fifty-six percent made small changes to be more active, while 41% of families increased the frequency of moderate physical activity for 30 minutes per day. Fifty percent of SNAP-Ed families made an improvement in the nutritional quality of their diets by consuming 56% more fruit and 58% more vegetables, while 43% drank regular soft drinks less often. Ninety-three percent made an improvement in the nutritional quality of their diets.

Partnering with KSU for McCracken County Extension's Industrial Hemp Training Program

The Kentucky State University Small Farms Agent came to the McCracken County Extension Office to answer many diverse questions about hemp. Area residents came to learn about hemp production.

Of the farmers present, 81% expressed a desire to learn about growing hemp and 50% explained that their ancestors had grown hemp decades ago. Also, 11% of the farmers stated that they felt that the family farm could have a brighter future by growing hemp. From the group 98% expressed the need to grow a crop to help with sustainability in agriculture, and felt that hemp could truly help.



Hemp Production

Story Walk Literacy Event

The UK Cooperative Extension Service partners with the Community Early Childhood Council (CECC) in McCracken County to encourage families of preschool children to begin the process of preparing their children to enter Kindergarten.

A "Story Walk" Fall event was held at the UK Cooperative Extension Service as a way to promote reading to young children. Families attended the story walk and were able to walk and read posted pages of a highlighted book to their children.

At the end of the walk each family received a copy of the book to take home with them. The CECC gave the families "Parent Guides" which guides the parents further in promoting school readiness.

- 92% percent of the families reported reading the book again at home.
- 63% of the families reported reading the Parent Guide.
- Over 700 people attended the Story Walk event.



Extension At a Glance

- 873 Number of youth who indicated they know how to use information they are given to make decisions
- 2500 Number of participants engaged in home and consumer horticulture programming
- 3300 Number of volunteer service hours completed by Extension Master Gardener Volunteers in the county
- 692 Number of youth that report making healthy lifestyle choices
- 3000 Number of direct contacts made by Master Gardener volunteers
- 526 Number of youth who understands the role of agriculture in the production of food and fiber
- 8365 Number of hours KEHA members volunteered in community service (non-Extension) activities/events
- 560 Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of tasting a Plate It Up! Kentucky Proud recipe sample

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