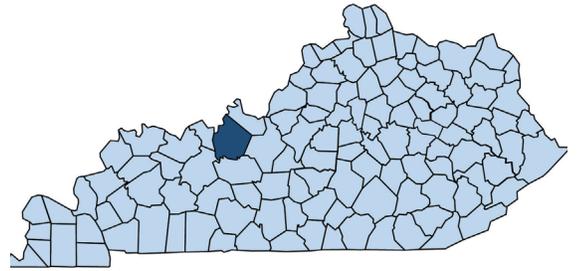


REPORT TO THE PEOPLE



Breckinridge County 2021



DID YOU KNOW... Breckinridge County 4-H Senior Trap Team Division 2 placed 1st at 2021 KY State Shoot.



Website: breckinridge.ca.uky.edu



Facebook: @BreckinridgeExtension



Twitter: @BreckCoExtUKAg



YouTube: Breckinridge County 4-H

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Family and Consumer Sciences



The Stand Up to Falling Program Reaches the Extension Homemakers.

96

Number of individuals who attended a fall prevention program

108

Number of individuals who gained knowledge related to financial management

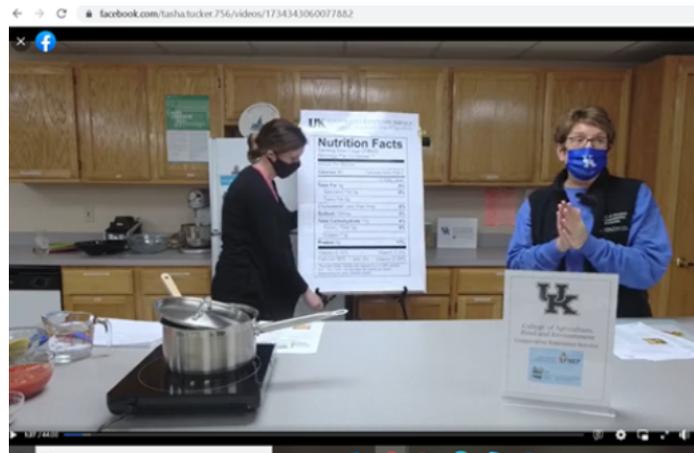
Nutrition Education

Center for Disease Control and Prevention statistics show in 2017-2018 42.4 adults are counted as obese or severely obese. Breckinridge Extension presented a six-week series on Facebook Live to fight against weight gain during the holiday season. The Nutrition Education Assistant and FCS agent taught from Healthy Choices for Every Body curriculum. Informing participants to eat from all 5 food groups.

The class had a 67% increase in eating fruit and dark green vegetables. 100% of the class ate more red and orange vegetables. Lastly, the class also incorporated the importance of physical activity. The class made a 67% increase in making small changes to be more active, and exercising at least 30 minutes a day. One participant commented, "I thought eating healthy would be really expensive and hard, but it doesn't have to be." Also, "being physically active has really helped me feel better."

After age 65, physical changes, medical conditions, and medications can increase a persons risk of falling. The fear of falling can rob independence and cause seniors to be less active, which in turn causes weakness and poor balance. To address this, the Breckinridge County FCS Agent presented the Stand Up to Falling program for the LTA Homemakers through an on-line presentation and publications. Locally the program reached over 100 Homemakers.

As a result of the program participants reported intentions to have vision checks and better medication management. Also, they intended to exercise to improve balance and muscle strength. Sixty percent of the participants reported that they believe the risk of falling can be reduced. From this program participants learned what to do if they do fall and the importance of home safety and keeping areas clutter-free. The Stand Up to Falling program allows seniors to keep their independence.



Extension Staff Share Lesson on Food Labels.

30

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling,

25

Number of families/caregivers who reported supplementing their diets with healthy foods

4-H Youth Development



Master Gardeners Teach Youth to Grow Their Own Food.

158 Number of youth who practiced financial decision-making skills as a result of what they learned in 4-H

644 Number of youth who practiced financial decision-making skills as a result of what they learned in 4-H

Agriculture and Natural Resources

The farmer's market was a huge success with long lines every day at the market. The utilization of WIC vouchers was up by 19% by the end of the market. The Senior Vouchers remained steady at 93% utilization. It might have been the pandemic that sent customers searching for a clean, healthy, and plentiful source of produce, but our growers showed up each week ready to serve their customers in a safe manner.

Youth Livestock shows must go on. The Farm Bureau promised the youth that they will continue with a show and sale at a safe time of the year. The Ky State Fair hosted youth at the livestock shows August so most kids held their livestock for a county event in September. The event was a huge success with 16 animals being sold for a record amount of \$25,564 with an additional \$15,000 from private donations.

4-H Jr. Master Gardener program grew to include "mini master gardeners" in preschool through 3rd grade. In 2020, 30 youth graduated from the program, completing a 10-week virtual, summer program. The program was taught by Master Gardeners, Extension staff, and Library staff virtually through weekly Zoom meetings and video lessons on a Facebook group. Video lessons included stories, songs led by local teen leaders, healthy recipe demonstrations, and hands-on gardening projects.

Youth participants received project supplies to follow along with lessons taught virtually. Results indicated youth gained a better understanding of plant needs and all youth indicated they started their own garden at home. Also, they could explain the benefits of the Farmers' Market, and tried a new fruit, vegetable, or herb. Eighty-six percent of youth tried the recipes demonstrated and all reported an increase in summer reading. 4-H Youth Learn by Gardening.



Summer's Fresh Produce at Farmers Market.

1298 Dollars in EBT, WIC, or Senior benefits redeemed at farmers' markets

1982 The number of soil test were processed through the office.

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



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... just a few ways Extension supports Kentucky

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

COOPERATIVE EXTENSION



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