

REPORT TO THE PEOPLE

Warren County • 2022



Warren County Extension Agents (left to right): Julie Brown, 4-H Youth Development; Joanna Coles, Agriculture & Natural Resources; Kristin Hildabrand, Horticulture; Kristi Shive, Family & Consumer Science; Janet Turley, 4-H Youth Development

Harvest Festival

The Warren County Extension Council initiated a program dedicated to mental health awareness called Harvest Festival. Agents, council members, and community partners worked together to host an event filled with educational information and health screenings for participants. Fourteen community partners set up educational booths or health screenings. Dr. Kristie Guffey was the keynote speaker and discussed the importance of mental health awareness.

Participants' post-session evaluations showed that 75% increased their knowledge of the importance of health and 75% would like to see more events like this.

Vendor post-session evaluations showed an increase in knowledge and monetary value to the event. An example of one of the services provided was A1C tests (without insurance, the cost is \$85.20). 21 tests were given at the event resulting in a savings of \$1789.20.

The event planted seeds of hope and importance for the participants. A quote from one participant, *"I had such a wonderful time tonight. It lifted my spirits. This really did help heal my heart."*



Participant receiving a free eye exam.

4-H Youth Development

The 4-H Program not only teaches youth important life skills for being successful, but also provides youth with learning experiences that youth will use throughout the remainder of their lives. Warren County 4-H Emerald winner, Isaac Hosay, explains how much impact 4-H can have on a child's life, "4-H helped take me from a socially awkward and uninvolved kid to a responsible, focused leader as well as a productive member of my community. Through this program, I have gained confidence, learned responsibility, and developed communication skills that will help prepare me for college and beyond."

Isaac was born with Asperger's but with his parents, club leaders, and agents support and encouragement through 4-H he thrived. The first time he felt included with his peers was at a 4-H club meeting when he was able to start overcoming his social barriers. "Everything I am today is because of the people of 4-H, because they believed in me," quoted Isaac.



Isaac Hosay speaking at the KY State Fair 4-H Foundation Breakfast.

Family & Consumer Sciences (FCS)

Let's Walk Warren County was a free walking program that encouraged participants to be physically active. The program took place over three months. Kristi organized six group walks at various outdoor paths in Warren County. Program participants were invited to join for group walks and/or walk on their own. Individuals received a free walking log that allowed them to keep

track of their progress. The State of Childhood Obesity reported that adults in Kentucky have one of the highest percentages of physical inactivity, 30.1%.



Let's Walk Warren County participants enjoying the Kereiakas Park Greenway Trail.

100% of participants reported an increase of physical activity since starting the program. 100% of participants reported positive changes since starting the program including more energy, decreased stress, lighter mood, weight loss, friendships, and discovered new places to walk in Warren County. Nearly 700,000 miles were walked amongst the group over the three-month program. 100% of individuals plan to continue walking or be physically active after the program was complete.

Gardening Conservation Efforts

- Native plant education class attracted over 30 home residents to incorporate more native plants into their home landscaping.
- Certified Monarch Waystation demonstration gardens on display at the Extension Office highlights over 200 native plants known for attracting butterflies and other pollinators.
- Fall Certified Monarch Waystation Garden Tours offered to the public in October gathered 50 interested residents and gardeners who were interested in planting more pollinator habitats.

Warren Co. Extension Master Gardeners

- 200 trees were distributed by Master Gardeners into the community to help rebuild the tree population from the tornado damage.
- Maintains the Certified Monarch Waystation Demonstration Gardens to assist the public with native plants and how to attract more pollinators to their garden.
- Warren County Extension Master Gardeners reported 300 volunteer hours.
- With the volunteer dollar rate of \$24.83 for 2022 in Kentucky, this means that they give \$7,449.00 back into the community.



Extension Master Gardener Certified Monarch Waystation

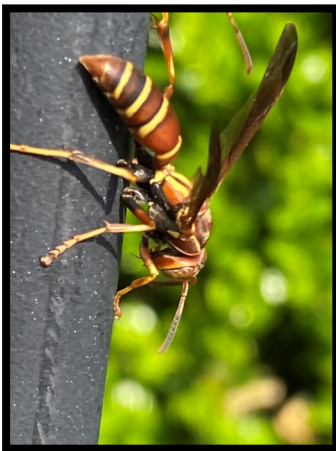
Agriculture & Natural Resources (ANR)

- CAIP funds distributed— County Agriculture Incentive Program funds totaling \$222,882 were distributed to Warren County farmers through Ag Development fund cost-share.
- 189 farmers increased profits or reduced expenses because of extension programming.
- Worked with 52 farm businesses to expand or create new market opportunities.
- 1200 individuals increased knowledge of water quality and conservation. 45 people implemented one or more best practices for soil/ water conservation.
- Land preservation meeting was held to educate landowners about programs to help conserve land for future generations.
- 37 educational programs for farmers were offered to increase knowledge and improve management practices.



Cattlemen visit Chaney's Dairy Barn to learn about the robotic milker.

Providing Ag & Horticulture Services to the Community

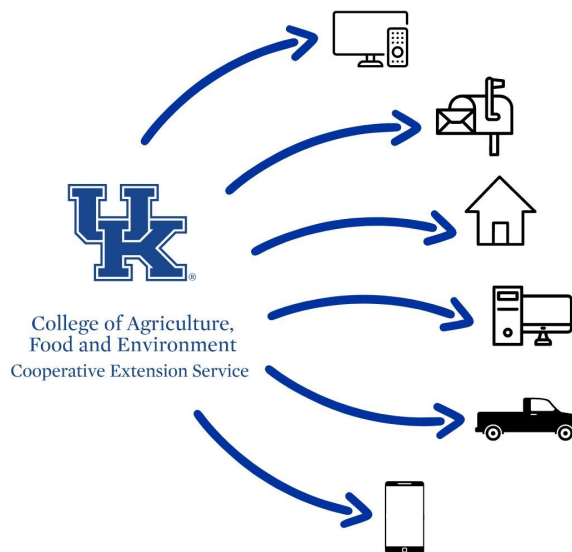


Client was concerned about murder hornets and sent in this photo for identification. Good news, it's a wasp!

- 262 soil test consultations with homeowners, commercial growers and farmers about maximizing yield potential and managing input costs.
- 496 plant disease diagnostics services for homeowners, commercial growers and farmers to identify the issue or disease and develop a strategy for disease control.
- 210 weed and insect identification services to identify the pest and develop a strategy to eliminate the pest if necessary.
- 703 individual client consultations about farming, commercial horticulture production and management.

Educational Delivery through Multiple Media Outlets

- Farm & Home Show - Daily 5 minute television programming featuring educational topics about farms, gardens, home, families & youth that airs on WBKO, YouTube & Facebook and reaches 15,000 households.
- Get the Scoop - Daily 5 minute radio program delivering research based information about farm & garden that airs on WGGC 95.1 FM that reaches 15,000 people.
- Ag Connections - Weekly 30 minute radio program delivering educational topics on all things agriculture that airs on 104.1 WKCT FM and reaches 2500 listeners.
- Social Media - Warren County Agriculture delivers current educational content on horticulture and agriculture topics. Last year, our social media efforts reached 194,993 visitors/interactions through Facebook, YouTube, blog & website.
- Newsletters - Educational Content was delivered to 5200 mailboxes quarterly and full of timely educational agriculture & horticulture topics.



Did you know?

Extension reached 20,200 individuals by increasing their knowledge of disaster preparedness.

Nutrition Education

Kentucky has the fifth-highest rate of obesity in the nation. Approximately 17 percent (or 12.5 million) of children and adolescents ages 2-19 years are obese (Data from the National Health and Examination Survey). To combat high obesity rates for elementary and middle school children the Warren County 4-H Youth Development agents partnered with Potter Gray Elementary School to provide 8 cooking lessons to 80 3rd-5th grade students. Through the school year the 4-H agents and volunteers also offer two 4-H



Youth cutting vegetables at Super Star Chef Camp.

agents and volunteers also offer two 4-H Cooking Clubs with total of 40 members participate each month learning new recipes and cooking techniques. This past summer, the 4-H agents held a Super Star Chef Camp for 20 low income youth at the extension office. During the camp, youth learned proper cutting techniques, how to read a recipe, and tried new foods. During the camp, 88% of the participants learn the correct way to chop food while using a knife and 69% felt more confident after camp that they can read a recipe.

Warren County Extension Agents and SNAP-Ed Assistant provided hands-on nutrition education to limited-resource audiences, focusing on four areas:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2022, 5,556 contacts were made with Warren County residents who participated in nutrition education programming.

Results - In 2022, 95% of adult participants made a positive change in food group choices and 78% showed improvement in one or more food safety practices. In addition, 92% showed improvement in one or more food resource management practices and 65% made changes to be more physically active.



Healthy lifestyle behaviors



Website: warren.ca.uky.edu
warrencountyextension.com



Instagram: @warrencoag
@livingwell_warrenco



Twitter: @warrencountyag



Facebook:
/warrencoag
/warrencounty4H
/livingwellwarren
/warrencountynep



YouTube: CES Warren
Warren County Agriculture



Podcast: The Sunshine Gardening



WordPress:
warrencountyagriculture.com



TV: Farm & Home Show- 5:15am
abc WBKO 13



Radio:
WGGC 95.1 FM
104.1 WKCT FM

For More Information, Please Contact us at:
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COOPERATIVE EXTENSION

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College of Agriculture,
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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.