

2024

Extending Knowledge **CHANGING LIVES** *in Marion County*

Cooperative Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Program Efforts

Number of producers who Develop and implement a herd health protocol and improve animal health practices (i.e. follow BQA guidelines, read and follow product labels and obey withdrawal periods, record animal treatments, improve animal handling/welfare skills

150

Number of Youth (5-18) engaged in 4-H Summer Camping

107

Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label.

39

Progressive Agriculture Safety Day

Each spring, the Marion County Extension Office staff hosts the Progressive Agriculture Safety Day with the help from generous volunteers. Safety Day is an event where all fourth graders in Marion County spend the day learning about being safe in different situations. There are demonstrations and lessons from tractor safety, ATV safety, livestock safety, water safety, firearm safety, food safety and electrical safety.

Each fourth grade student learns tips on how to be mindful of potentially hazardous situations they could find themselves in. Volunteers take time to demonstrate and explain proper ways to approach different scenarios. Ag Safety Day is a huge program in Marion County that impacts the lives of both students and teachers. This event has taught students numerous ways to practice safety and apply it to their personal lives.

Most recently, Progressive Agriculture Safety Day impacted **200** Marion County fourth grade students.



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Beef Quality and Care Assurance Chute Side Field Day

A tri county BQCA Chute-side training was held September 21, 2024 at the Marion County Fairgrounds. Marion, Nelson and Washington counties collaborated to host this field day which was well attended. University of Kentucky Beef specialists, Dr. Darrh Bullock and Dr. Katie VanValin gave presentations on vaccinations and cattle health.



The Kentucky Beef Network, Kentucky Cattlemen Association, Burkmann Feeds were in attendance and did giveaways for the participants.

During the field day, participants were split into three groups. They rotated between different specialist and stations. Each station was 20 minutes and with only 23 people per group, gave the opportunity for more hands-on learning.

The first ever BQCA Chute-Side training for our tri county area was a wide success. To conclude the field day, each participant completed and passed the BQCA test and earned their BQCA certifications. There were 70 participants from Marion, Nelson and Washington counties. 30 white females and 40 white males were in attendance.



Forage Field Day at Makers Mark

Farmers are needing information and research to show them how beneficial forages can be and how to save time and money by properly planning and caring for forages they produce.

This program reached 101 farmers and agricultural workers in Marion, Nelson and Washington and other Central KY counties. I worked with Makers Mark Distillery in Loretto and KY Forages and Grasslands Council. I was approached by KFGC to host a forage field day. One of the KFGC members is also a contractor with sheep at the Makers Mark farm. He helped to plan the event there along with the Makers Mark farm manager. This program taught farmers about rotational grazing, regenerative agriculture and soil health. I also worked with Dr. Chris Teutsch, Dr. Jimmy Henning and Dr. Ray Smith. This field day event was published in the Farmers Pride Newspaper in the October 3rd issue.



62 white males, 38 white females and 1 hispanic male were impacted as result of this field day event. This program impacted the lives of central Kentucky farmers by connecting them with resources and giving them ideas they can implement on their farms and also showed them what Makers Mark, a world renowned distillery, is doing in Marion County for the benefit of agriculture.

I plan to work with Makers Mark Star Hill Farm in the future to provide more learning opportunities for those in central Kentucky.



Teen Cuisine at Lebanon Middle School



According to data released by County Health Ranking and Roadmaps, Kentucky is ranked in the top 10 states for obesity and in the top of eight states for the most physically inactive. Marion County reports that 39% of the population is obese and 34% is physically inactive. FCS Agent Rachel Mattingly, partnered with Marion County School, specifically Lebanon Middle school to offer Teen Cuisine classes as an after-school club. Teen Cuisine is a curriculum helped teach teens key concepts about nutrition, food preparation, cooking, food safety, and physical activity.

This curriculum consists of six lessons. Due to time constraints, Rachel was only able to teach five lessons. The goals of the five lessons were to teach the middle school students how to apply the My-Plate to meal and snack planning, identify foods that were nutritious and low in added sugars, saturated fats, and sodium, read and follow a recipe, demonstrate safe knife-handling skills, preventing food borne illnesses, reading food labels to make healthier choices, and understanding that importance of physical activity and ways to incorporate it daily.



The target audience was middle schoolers that were in grades sixth through eighth. The average weekly participation was 10 students weekly. The participants consist of three males and seven females. One of the males was multi-race and other two males were white. All of the females were white.

On the post survey, 71% of the students reported that they have been physically active in the past seven days for at least 5 days or more. 71% of the students also reported eating fruits and vegetables. However, 85% of the students reported that when eating out they do not choose the healthier option or read nutrition labels to compare foods and drinks. 85% of the students did report they use proper food handling procedures to help prevent foodborne illnesses such as washing hands, washing fruits and vegetables, and using separate cutting boards for raw meats and fresh produce.

Health Literacy for the Win

Only 12% of the U.S. adult population is estimated to be fully “health literate.” This means that almost 9 out of 10 adults are at or below basic levels of health literacy. They have difficulty understanding and using basic health information to make informed decisions about their health. Unfortunately, those who experience poor health literacy are also more likely to experience poor health outcomes. Health literacy is a primary goal within Healthy People 2030, aiming to eliminate health disparities and reach health equity for all Americans. Further, our country's ever-changing public health landscape requires health-literate individuals, and we must address this issue in our communities. The Marion County Extension Office hosted the one-time program Leading Your Team: Health Literacy for the Win to fill this educational gap in basic health literacy.

Extension developed this program to increase health literacy across Kentucky communities and empower community members to step up and lead their healthcare team in reaching their overall health goals. Fifteen people participated in the workshop. The workshop was hosted at the Marion County Extension Office during mid-morning hours. All fifteen participants were middle-aged Caucasian women, except for you. Of those who participated and were surveyed, 100 % indicated they could better define “health literacy” and recognize strategies for making well-informed health decisions, respectively. 67 % stated they increased their level of understanding regarding the importance of communicating with their healthcare team. Further, 100 % expressed the intention to write down information about medications before appointments, while 100% expressed the intention to prepare questions for their healthcare team before appointments.



A "Pig" Deal - Country Ham Project

The 4-H Country Ham Project teaches youth about food production and Kentucky's rich history with country ham. Marion County is home to the Marion County Country Ham Days, so the project has a deeper connection with our kids and community.

24 kids signed up to participate in the 2024 Country Ham Project. We have a smaller ham house so this was the maximum number of participants.



Each year during the week of Ham Days, youth in the project can choose to enter their ham in the judging for the Champion Ham that will be sold on the main stage right before the Pigasus Parade. The 2nd annual Marion County 4-H Country Ham Auction took place on Saturday, September 28, 2024 at Ham Days in the Citizens Bank Community Room because of inclement weather. In previous years only the Grand Champion ham was sold. Any youth participating in the 4-H Country Ham Project had the opportunity to sale one of their project hams at auction. Twenty-one country hams cured by 4-H member were auctioned off. 4-H'ers started curing their hams back in January.

Judging took place on Monday and Addilynn Bartley was chosen as the Grand Champion Ham. The auction total today with add ons from other organizations was \$7,840.

All winning bids will be split between the 4-H members and the 4-H Country Project. 80% is given to the 4-H members while the remaining 20% goes to the 4-H Country Ham Project. Youth are encouraged to recruit bidders for their ham and are working on their "Ham Talk" to educate potential buyers about the ham curing process and are learning valuable communication skills.



Marion County 4-H member Amelia Mattingly was the Overall Champion in her age division, Junior Champion non-smoked ham age division at the 2024 State Fair. Adam Blanford was the 1st place winner for his speech and overall in his non-smoked age division. Collin Rakes was the 1st place winner for his ham and 3rd place overall in his non-smoked age division. Kaylen Bartley was the 1st place winner for her ham, 3rd place in her speech and overall in her non-smoked age division. Kinley Willett was the 3rd place winner for her speech and 3rd overall in her non-smoked age division. Anna Mattingly was the 2nd place winner for her speech and overall in her non-smoked age division. Pressley Downs was the 2nd place winner for her ham in her non-smoked age division.