

Daviess County
Extension Office
College of Agriculture, Food and Environment

REPORT TO THE PEOPLE 2022-2023

WE DELIVER SCIENCE-BASED INFORMATION, PROVIDE,
EDUCATION AND TRAINING, AND PRODUCE SOLUTIONS

It starts with us



DID YOU KNOW...

Master Gardeners planted a Monarch Butterfly Waystation at our office?

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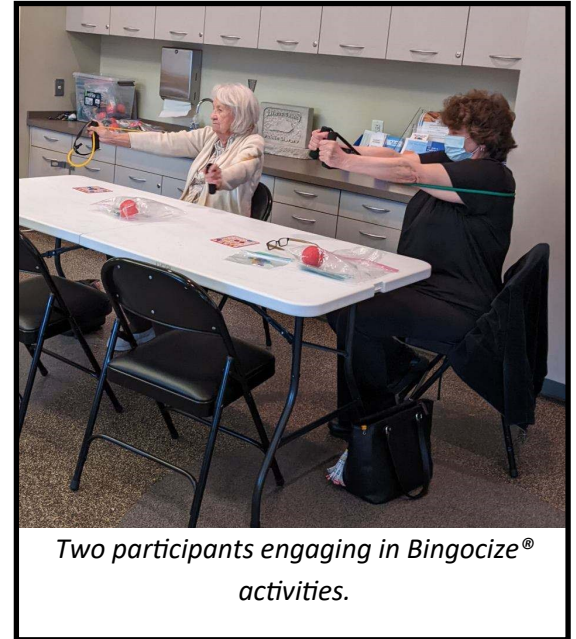
FAMILY AND CONSUMER SCIENCES

Bingocize® was created by Dr. Jason Crandall, Co-Director/Co-Founder at the WKU Center for Applied Science in Health & Aging. He developed the socially engaging group-based game that combines health education and exercise in the format of BINGO.

To help participants learn and use health information focused on behavior related to exercise, the FCS Agent in Daviess County taught Bingocize® to ten participants twice a week for 10 weeks; six completed post evaluations.

Prior to the program, six participants reported that their health was very good. After the program, ten participants reported very good health. Also, prior to the program, two participants reported falling in the last three months. Following the program zero participants reported falling in the last ten weeks.

As a result, six participants feel more comfortable talking to health care providers about medications and other fall risk factors. Fourteen feel more comfortable talking to family and friends about falling and would recommend this program to a friend or relative.



Two participants engaging in Bingocize® activities.

AGRICULTURE AND NATURAL RESOURCES

The Daviess County Cooperative Extension Service and the UK College of Nursing conducted the BARN Farm Camp and Dinner Theater on mental wellness and suicide prevention with Apollo and Daviess County High School students and Henderson County 4-H members.

Approximately 15 youth attended the two-day BARN youth camp to address mental wellness and suicide in their community. The youth learned about mental wellness, stress, and coping skills during the camp. Camp participants demonstrated statistically significant increases in knowledge for mental health and wellness; recognition of stress, anxiety, and depression; understanding the steps of QPR suicide prevention; self-care activities; the importance of working with others; the use of storytelling to improve mental health and wellness for suicide prevention; and understanding the links between mental wellness and suicide prevention.

The highlight of the camp culminated in the youth delivering the BARN Dinner Theater on Mental Wellness. Seventy participants showed statistically significant increases in knowledge and understanding regarding self-care; mental wellness, the effects of stress; suicide as an important topic in their community; the need to talk about stress with family or friends; and reaching out to someone if feeling hopeless or having suicidal thoughts.

Dinner theater participants left 73 comments regarding take-home messages and additional positive feedback. The key messages reported by participants included the need to talk to others about stress, use coping skills, be there for others, and not be afraid to talk about this issue in the community. Additionally, participants indicated the need for Extension to host follow-up dinner theaters in neighboring communities and in their own communities during planting and harvesting season.



Two students acting out a scene on the topic of farm-related stress.

4-H YOUTH DEVELOPMENT



The Director of Programs at the Boys and Girls Club received a copy of the 4-H newsletter and asked if we could offer programming at the Boys and Girls Club facility, one of these being the NEP Super Star Chef Camp. The Daviess County 4-H Agent, FCS Agent, and All Areas Program Assistant worked together to put this program on. Eleven youth were transported to the Daviess County Extension Office to participate in a three-day camp. Prior to the NEP Super Star Chef Camp, 9% of youth reported the correct way of holding a knife, 9% reported the correct way to guide food when using a knife, 18% reported “chill” as the fourth step to keep food safe, and 55% reported the safe position for a pot handle while cooking on the stove. After the NEP Super Star Chef Camp, 70% of youth reported the correct way of holding a knife, 80% reported the correct way to guide food when using a knife, 70% reported “chill” as the fourth step to keep food safe, and 100% reported the safe position for a pot handle while cooking on the stove.



The 4-H Agent working with three participants on cracking eggs.

The 4-H Exchange Program helps to enhance world understanding and global citizenship through high-quality 4-H international cultural immersion and exchange programs for 4-H youth. A high school senior from South Korea has spent the 2022-2023 school year attending Apollo High School. She says, “I really enjoyed the Homecoming dance. We don’t have anything like that in S. Korea. I was able to get dressed up, hang out with my friends and dance. I had a great time. I also liked going to a UK basketball game. The other people at the game were crazy for UK and the halftime show was awesome. I was able to take my host family to a Korean restaurant while we were in Lexington and show them some of the foods from my home country.” The host family benefits as well. They said, “The exchange program has been a wonderful opportunity for our family to learn about and appreciate different cultures.” This family also hosted a 14-year-old boy from Japan for three weeks in the summer of 2022.



Both Exchange Program visitors with the 4-H'er from the host family.



HORTICULTURE



Extension Master Gardeners working in the Native Plant Garden.

Native plants used in the landscape benefit birds and pollinators. To demonstrate that native plants fit into any garden, the Extension Master Gardeners developed a 40 feet by 70 feet Native Plant Garden at the Western Kentucky Botanical Garden. To showcase the garden to the public, a native plant demonstration field day on “The Power of Native Plants: How to Add Them to Your Garden” was held in September.

Of the 17 participants who completed a self-assessment survey, 94% said that as a result of the information presented, they learned about different native plants, and 88% learned how native plants benefit birds and pollinators. After the program, 100% of the participants plan to add at least one new native plant to his or her garden.

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.

Extension at a Glance

2022-2023

- 3393 Number of volunteer hours completed by Extension Master Gardeners
- 132 Youth were educated on health and well-being through 4-H
- 644 Pillowcases sewn by Extension Homemakers and donated to local non-profits
- 111 Individuals received training and certification on pesticide use and crop care
- 37 Individuals gained an increased knowledge of how to respond to mental health concerns
- 3000 Packages of seed distributed through the Extension Master Gardener Seed Library
- 200 Youth practiced financial decision-making skills as a result of what they learned in 4-H
- 227 Number of people who used Extension resources and/or diagnostic services to identify insects/pests, plants/weeds, and/or plant diseases
- 139 Number of soil samples received by the Extension Office and processed at the UK Soil Test Lab
- 65 Number of individuals more likely to buy a KY fruit/vegetable after receiving a Plate It Up! KY Proud recipe
- 106 Youth gained an understanding of the role of agriculture in the production of food, fiber, and wood products
- 77 Brands of corn and soybean seed were demonstrated in the Extension Yield Plots
- 261 Youth and Volunteers enrolled in 4-H

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JOIN OUR MAILING LIST



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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.