

Report to the People Breathitt County 2024



As Natural Disasters took a toll on our county, the Breathitt County Extension Office has offered several programs to help prepare for any future possibilities.



Number of individuals reporting an intent to implement one or more disaster preparedness strategies/plans.



Individuals reporting the expedited recovery of agricultural operations, individuals, families, and businesses after natural disasters, pandemics, and/or other emergencies.



Number of individuals who have implemented best practices (prepared disaster kits) as a result of Extension programming.



Website: www.breathittextension.com



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**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

4-H Youth Development

2023 4-H Camp

Author: Ryan Spicer

Planning Unit: Breathitt County CES

Major Program: Camping

Plan of Work: Develop Individuals for Leadership & Volunteer Roles

Outcome: Long-Term Outcome



4 leaf clover
found at 4-H
Camp



Youth who
participated in
overnight, 4-H
summer camp(s).

Character Counts defines a person's character as "the summation of his or her habits, attitudes and attributes." Good character doesn't happen automatically. Character education is very important, and good character qualities can be taught. To educate the youth of Breathitt County in character development the agent for 4-H Youth Development offers various programs throughout the program year, and one such program is yearly attendance to J.M. Feltner 4-H Camp. 4-H Camp provides youth educational opportunities through Collaboration with local, state, and national partners, research-based methods and programming, service-oriented practices, long-term strategic planning, and play. The agent has worked to grow this program each year in Breathitt County and for the 2023 camping season was able to take 69 youth and 5 adults to 4-H camp. All participants both youth and adults indicated that they enjoyed camp, and looked forward to attending next year. One 10 year old camper stated, "I have had so much fun this week, and I am going to miss all my new friends". The 4-H agent plans to continue a strong camp promotion in Breathitt County and plans to take even more youth and adults to 4-H Camp next year.

4-H Camp
group
photo



Family and Consumer Sciences

Becoming More Culturally

Aware



Participants
reporting
increased use
of creativity

Author: Stacy Trent

Planning Unit: Breathitt County CES

Major Program: Artistic & Essential Skill Development

Plan of Work: Unrelated to a specified County Plan of Work

Outcome: Long-Term Outcome

According to the U.S. Census Bureau, our population is becoming more diverse every day. It shows the overall U.S. population in 2020 was more radically and ethnically diverse than it was a decade earlier. As these numbers continue to grow, it is important that we understand and be more culturally aware.

Cultural Exploration is a monthly program designed to encourage the community to be more culturally aware. The Breathitt County Family and Consumer Science Agent implemented the program, which promotes understanding through learning about histories, sampling of new foods, and experiencing arts of different countries. During the monthly programs thirty-five community members visited countries such as France, Italy, Japan, Mexico, and Egypt. Because of the program, participants learned about the history of the countries, celebrations, traditions, sampled food from those countries, and made art that is prominent in each of the countries.

One participant stated, "I always thought sushi was raw and would never try it, but after learning about the Japanese culture and the foods that they eat, I learned that it's not all raw and even tried it and liked it." Another participant stated, "learned that we have a lot more in common with other cultures than I thought." We all value family and that is especially important." Participants also stated that they learned how other cultures celebrate holidays, the different traditions they have and enjoyed making samples of the art from diverse cultures.



Delicious Sushi

FCS Agent,
Stacy Trent
in Japanese
Kimono



Agriculture and Natural Resources

Farm and Home Safety Event



Farmers adopting new technologies in agriculture production

Author: Reed Graham

Planning Unit: Breathitt County CES

Major Program: Emergency Disaster Preparedness

Outcome: Long-Term Outcome

Situation and Target Audience

Farming is one of the most dangerous occupations in the world. Where there is a farm, there is always a home nearby. Farm and home safety is often overlooked even though it is a key component to success. Breathitt Co and Wolfe Co ANR and FCS Agents as well as Farm Bureaus collaborated for a joint Safety Program.

The Field Day was held at the UK Robinson Center for Appalachian Resources Sustainability in Breathitt County. New this year, participants had the option to select which track that they would like to complete for the evening. The Farm track consisted of Fire Safety (taught by Jackson Fire Dept.), hooking the proper equipment to the proper size tractor, loading and unloading equipment on trailers, and chain saw safety.

The home track consisted of Fire Safety (taught by Jackson Fire Dept.), Food Safety, Radon Detection, and Safe Sleep as well as stop the bleed (a guide to quick aide for accidents). Attendees all received a goodie bag filled with various items to promote safety (i.e. ear plugs, safety glasses, smoke detector, etc.). All attendees also received a free meal served by Breathitt and Wolfe Co Farm Bureaus.



Door prizes provided from many vendors and retailers

Before door prizes were awarded, participants were surveyed to determine what impact was reached through the event. The

following items were determined:

- 100% of attendees stated that they had learned something that will positively impact their farm and home safety
- 100% of people felt that they had a better understanding of home fires and how to react accordingly to them.
- 100% of participants received a complimentary smoke detector for their homes.
- 100% of participants indicated that they will implement a safety technique that was demonstrated/taught at their homes and farms

With around 100 people in attendance, this event was a huge success. Safety techniques that were taught will hopefully prevent an accident in the coming time for all those in attendance. This partnership between Breathitt and Wolfe County Extension Offices, Breathitt and Wolfe County Farm Bureaus as well as the UK Robinson Center for Appalachian Resource Sustainability made an impact in both communities and we look forward to growing and expanding its outreach in 2024!



People who increased profits, reduced expenses, and /or reduced risk



Several people in attendance at Farm and Home Safety Event

Family Food Boxes

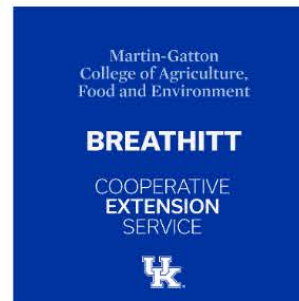
Author: Kati Noble

Planning Unit: Breathitt County CES

Major Program: Nutrition and Food Systems General

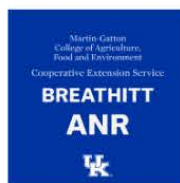
Outcome: Long-Term Outcome

How can we help you?



Reed Graham

County Extension Agent for
Agriculture and Natural Resources



Stacy Trent

County Extension Agent for
Family and Consumer Science



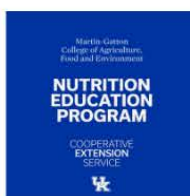
Ryan Spicer

County Extension Agent for
4-H Youth Development



Kati Noble

Nutrition Education Program Assistant Senior



Many families in Breathitt County are struggling to provide food for their households. According to Feeding America, 92% of people are below SNAP threshold of 200% poverty. To help address this issue the Breathitt County Cooperative Extension, Supplemental Nutrition Assistance Program

Education Senior Assistant partnered with God's Food Pantry and Robinson Center for Appalachian Resource Sustainability (RACRS) to provide 144 families with a food box each month with items from each food group.

The senior SNAP Assistant also provides healthy affordable recipes that coincide with the food items they receive and handouts on how to prepare and extend the food through the month.

Participants who received a monthly food box reported that they learned how to manage the food on hand plus the items in the food box to extend throughout the month. One participant said, "I learned how to use the items in the food box with items I have already to create meals for my family."

344 Individuals reported increased knowledge, skills, or intentions related to using the nutrition facts labels.



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