

# Report to the People

## Breathitt County

### 2023



## Tetanus Vaccines and Basic Care During Flood Recovery

**Author: Kayla Watts**

**Planning Unit: Breathitt County CES**

**Major Program: Flood Relief & Recovery**

**Outcome: Intermediate Outcome**

Abraham H. Maslow introduced the concept of a hierarchy of needs in 1943. The hierarchy suggests that people are motivated to fulfill their basic physiological and safety & security needs, before proceeding through other rising levels of need. On July 28 and 29, 2022, in Breathitt County Kentucky, several residents suffered physiological losses from a historical flood. Residents waded flood waters and struggled through feet-deep mud to be rescued. Many were left without a home and a safe way to restore what had been lost.

Breathitt County Extension Agents and staff, along with staff from the UK Center of Excellence in Rural Health, worked to provide tetanus vaccines and basic patient care after the flooding. Agents utilized Extension vehicles and donated resources to transport and assist nurses, and physician assistants with this endeavor. Too, Extension Agents provided bottled water and non-perishable food items during these visits.

Approximately 320 miles of county road were covered during this effort and 232 tetanus vaccines were administered. 1 prescription of penicillin was written/administered for wound care, and several residents with cuts/scrapes received cleanings and ointments to promote healing. Over \$8,800.00 in community donations/support were utilized and distributed throughout Breathitt County via this one Extension program.

Meeting the physiological and health/safety needs of residents in Breathitt County was the main goal of Breathitt Extension Agents and the UK Center of Excellence in Rural Health staff. County residents expressed their thankfulness for the help during their time of need; one gentleman stating, "I have lost everything. I sure do appreciate everything you have done for me today and for helping me be safe."

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The Breathitt County Extension Office, in partnership with the UK North Fork Valley Community Health Center, administered tetanus vaccines, while providing basic care-checks on flood victims and volunteers.

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

## 4-H Teen Conference

***Author: Ryan Spicer***

***Planning Unit: Breathitt County CES***

***Major Program: Leadership***

***Outcome: Long-Term Outcome***

During the educational experience all youth participated in a UK recruitment session with the Office of Enrollment Management. Additionally, they received academic exploration materials from the College of Agriculture, Food and Environment Center for Student Success. This exposure provided youth the opportunity to see what the University of Kentucky has to offer and begin the conversation about their potential to attend the University of Kentucky as a student.



Breathitt County Teens enjoying the "night out" event at Teen Conference.

4-H partnered with 35 different units and departments across the University for participants to gain six hours of educational content in a subject (major) of their choice. Youth engaged in hands-on lessons inside and outside of classrooms at the University of Kentucky, showing them what student life might be like if they attended UK. The majors focused on: agriculture, health, natural resources, expressive arts, family consumer sciences, science, engineering and technology, and communication

In addition, participants engaged in five hours of leadership development and service learning. All youth participated in a mentor-ship workshop led by a youth-adult facilitation team.

4-H collaborated with over 25 community serving organizations to engage in three hours of service work. 389 at this event youth logged 1,167 hours of service. This translates into a cost savings of \$8,460.75 (3 hours x \$7.25/hour) for organizations versus using paid employees. These efforts supported local service organizations and empowered 4-Hers to think about their ability to impact change in their community.



Breathitt County 4-H Teen attending class at Teen Conference.



# Agriculture and Natural Resources

## Farmer Flood Relief

*Author: Reed Graham*

**Planning Unit: Breathitt County CES**

**Major Program: Flood Relief & Recovery**

**Outcome: Long-Term Outcome**

**Situation and Target Audience**

Breathitt County is located in eastern Kentucky where 28% of the population (13,718 people in 5,506 households) live in poverty (per capita income is \$20,654 according to the 2021 US Census estimate). Sixty percent of the 160 farms are family farms. Thirty-six percent of the farms are under 50 acres. Cattle and calves provide the majority of agriculture income. (2017 Census of Agriculture)

On July 27th 2022, eastern Kentucky was flooded and shortly after declared a federal natural disaster area. Some areas of the county received over 8 inches of rain that night, causing unprecedented flash flooding -. The North Fork of the Kentucky River, -which runs through the heart of Breathitt County and -downtown Jackson, reached an all-time record high of 43.44 feet. Records on the KY -River in Jackson date back to the early 1900's. To put that number into perspective, the normal river tide is 1-2 feet and flood stage is 29 feet.

As a result of the flood, more than 80 farms in Breathitt County were impacted. The impacts ranged from washed out fencing and roads, to losses of livestock, barns, tractors, crops, and bridges. Some farmers also lost their homes, cars, and personal belongings. In total, millions of dollars in damages have been recorded in Breathitt County.

Within days after the flood, the Breathitt County Extension Agent for Agriculture secured a warehouse to receive and house donations of feed, hay, and farm supplies. The Mountain Cattlemen's Association (an organization that spans 9 counties) partnered with Extension and provided -volunteers to accept, organize, and distribute supplies according to the needs of farmers in Breathitt, Perry, Letcher, and Knott Counties. Donations of supplies, money (\$250,000), and physical labor came from Kentucky, Indiana, Ohio, and South Carolina.

Distribution of supplies began within a week of the flood. An agricultural needs assessment was used by ANR Agents in the impacted counties for farmers to complete and note the impact the flood had on their farm (e.g. loss of hay, building damage, etc.). The needs assessment was then used to distribute donated supplies. While each farm, and farmer, had their own unique losses, the common needs were livestock feed, hay, and fencing.

## Outcomes

Over 300 farmers from the four counties benefited from donations. The donations that have been received have been such an asset to farmers who are continuing to farm in our area. In the words of one Breathitt County livestock producer, "without the donations it would be easy to give up, but thinking someone cares enough to send me help keeps me pushing on, the farmer flood response has been amazing"!



Hay being brought in for farmers.



.Damaged garden from flood waters

# SNAP-Ed

## Making Your Pennies Count

*Author: Kati Noble*

*Planning Unit: Breathitt County CES*

*Major Program: Nutrition and Food Systems General*

*Outcome: Initial Outcome*

According to Feeding America, 25% of Breathitt Countians are faced with food insecurities. One way to address this issue is by providing participants with information and hands on activities on shopping on a budget, menu planning, and meal prepping.

Breathitt County SNAP-Ed Assistant, in partnership with Breathitt County Senior Citizens, taught adults the Healthy Choices for Everybody Curriculum. As a part of these classes, participants were taught various lessons including food safety, how to read food labels, and shopping on a budget.

Participants behavior change was indicated by entry and exit forms. 92% of participants showed a positive increase in their overall diet quality, as well as improving their food safety and food resource management practices.

### Program Indicators

50-Number of producers that increased knowledge of production, fertility management, varieties, insect control, disease or pests and/or sustainable practices

26 -Number of businesses retained or expanded (including new market opportunities)

20- Number of individuals who reported an increase in their fruit and/or vegetable consumption as a result of participating in a Plate it up! Kentucky Proud program

113-Number of individuals who implemented at least one strategy to reduce expenses or manage money

285- Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

302-Number of youth who indicated they increased their daily number of servings of fruits and vegetables eaten as a result of 4-H programs