



Ohio County

"Birthplace of Bluegrass Music"

2024-2025 REPORT TO THE PEOPLE

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4-H Camp

The best gift we can give our youth is to empower them with skills that will last for a lifetime. At Camp 110 campers interacted with 20 caring adult and teen volunteers who were committed to their success, where youth experienced progressive learning experiences.

- “4-H Camp was a time to be with friends and experience taking care of myself” 4-H Camper. 100% of the campers were able to manage their camp schedule, manage their money, and able to take care of their personal items.
- 90% reported experiencing something new at camp.

The 4-H camping program was founded on the belief that when kids are empowered to pursue their passions and chart their own courses, their skills grow and take shape, helping them to become true leaders in their lives, careers and communities. Experiences outside their comfort zone help youth become more resilient, independent and able to reach their long-term goals.



4-H Body Walk

The 4-H Body Walk program shows the relationship between physical activity and healthy eating habits that reinforce positive health behaviors. 4-H partners with the 7th grade Life Skills classes where over 300 youth received 6 hours of training to reinforce lifestyle culture changes. Body walk replicates the human body by providing 15 interactive activities that link healthy living with our diet and physical activity.



- Youth acquired skills to determine how food affects the health of their body (96%)
- Youth learned the damaging effects of tobacco, e-cig and vaping products (100%)
- Youth gained knowledge about healthy eating and exercise practices (100%)

Student: “I did not realize how much fat and sugars were in the foods I eat.” Body Walk reinforces healthy eating and physical activity as important life skills that will help them build habits to prevent them from developing health problems such as obesity, high blood pressure, heart disease and diabetes.

Preschool Students LEAP into Healthy Habits

The Family and Consumer Sciences Agent has made a significant impact on the health and wellness of young children through the monthly Literacy, Eating, and Activity for Preschool/Primary for Health program. Partnering with the Fordsville Elementary Head Start Program, the initiative reached 18 eager students each month, with engaging lessons that foster a love for reading, encourage physical activity, and promote nutritious eating habits. Integrating health-related themes into fun and interactive sessions, the program equips children with the tools to make healthy choices at an early age.

The Head Start Teacher stated, “Our preschoolers can’t wait to see what new snacks she brings each time and love using the Preschool MyPlate.” This collaboration exemplifies the power of education in shaping healthier futures and inspires lifelong healthy habits.



Ohio County Annual Homemaker Christmas Bazaar

The Ohio County Homemaker Bazaar significantly impacted the community by boosting local economies, fostering social connections, promoting cultural heritage, while supporting small



businesses. The Bazaar drew in over 400 visitors who purchased handmade goods, food, and local services, generating increased revenue for local businesses. Thirty-three artisans and food producers gained a platform to showcase their products and attract new customers, potentially leading to increased sales and business growth.

The Homemaker Bazaar provided a tourism boost that attracted tourists from outside the community, further stimulating the local economy and serves as an economic driver, fostering growth, supporting small businesses, and enhancing our resident's overall well-being. The Bazaar

provides a platform for people from different backgrounds to come together, interact, and share experiences. This interaction helps to break down social barriers and foster mutual understanding and respect by displaying diverse craft techniques and styles, while promoting appreciation for the arts and creativity.

Maple Day - 2024

Native Americans made maple sap into maple sugar long before the Europeans arrived in America. U.S. consumers are demanding more natural, chemical free food sources. Thus, a rebirth of tapping trees for maple syrup in Kentucky. Hitchel Farms started making maple syrup about 5 years and is currently the only maple syrup producer in Ohio Co.

Maple Day was created as an educational and celebration event centered around how maple syrup is produced. The program is coordinated statewide by the University of Kentucky/Department of Forestry. The Ohio Co. Extension Service also worked to promote the event and assist with the Maple Day functions. The educational content offered is at the host farms discretion.

The Hitchel Family provided educational stations, discussing the procedures, at the "sugar bush", where maple sap is collected, and in the "sugar shack", where the sap is processed into maple syrup. Several friends/volunteers also provided a "Sweet Shop", where products made with maple syrup, such as maple/cinnamon rolls, maple vinegarette, maple granola, various maple cookies and other items were offered. In 2024, 107 adults/youth from Kentucky and surrounding states visited for the program, with the furthest participants from Nashville, Tennessee.

Maple Day – 2024 was enjoyed by all participants. All participants gained a greater understanding of the maple syrup making process. As one participants stated "I did not realize that the maple syrup you buy in the store is man-made, as compared to "real" maple syrup is just natural sap from the trees". Three families planned to attend the next Maple School with hopes of making syrup in the future. Hitchel Farms makes around 25 gallon of maple syrup each year, which nets around \$3,300 per year.



Just a few ways Extension supports Kentucky

- 35 Number of producers who applied Extension information for grain production related to fertility management, varieties, control of insect, disease or pest and/or sustainable practices
- 70 Number of people who implemented one or more best practices for improving soil quality /soil health
- 25 Number of individuals who reported preparing more healthy home-cooked meals

- 1500 Number of hours KEHA members volunteered in COMMUNITY activities and events
- 138 Number of youth who participated in a service activity (community service, service learning, personal service to others).
- 121 Number of individuals reporting improved knowledge regarding disaster preparedness (such as emergency kit contents; daily water needs for survival; damage assessment; evacuation and sheltering in place plans)

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Ohio County Cooperative Extension Service



Ohio Co 4-H Ky Cooperative Extension



Ohio County Homemakers Association

*Students love using the preschool MyPlate she gave us in our dramatic play center. They love finding the foods to match each component. I am so glad this program is offered and love watching the students learn about healthy nutrition!" -
Fordsville Headstart Teacher*



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