



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Report to the People

LETCHER COUNTY 2022

Did you know...

Letcher County has no water that flows into it . Every drop originates from the sky above us. Three rivers (Cumberland, North Fork of the Kentucky and Elkhorn Creek of the Big Sandy start here.

Some programs we offer:



Hiking for Health



Bingocize
Health Program



Local Beekeepers
Association



Cloverbuds

What we do:

Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.

 Letcher County Extension Office

 youtube page

478 Extension Dr | Letcher.EXT@uky.edu
Phone: 606-633-2362 | Fax: 606-633-0369

2022

EXTENSION PROGRAM IMPACTS IN LETCHER COUNTY

5885

Hours

30143

Contacts

710

Volunteers

4160

Number of program participants reporting adoption of physical activity practices

327

Number of individuals who improved knowledge, opinion or skills regarding the safe storage, handling and preparation of food

6931

Empowered individuals engaged in coalitions or organizations addressing community issues by assessing needs

1013

Number of individuals who gained increase knowledge of how to respond to mental health concerns

342

Letcher County residents were trained in Disaster Preparedness before the flood

8700

Number of acres impacted by practices relating to wildlife habitat, management or damage

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Welcome to Letcher County in the heart of the Appalachian Mountains! Letcher County offers breathtaking overlooks, biking and hiking trails, horseback riding and ATV trails. Enjoy the views and picnic at one of several overlooks on Pine Mountain for a day that you will remember for years to come!

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Maple sap steams as it boils down to syrup



Bottling Maple Syrup



Maple Evaporator

UK Forestry Partnership Promotes Maple Syrup Production State-Wide

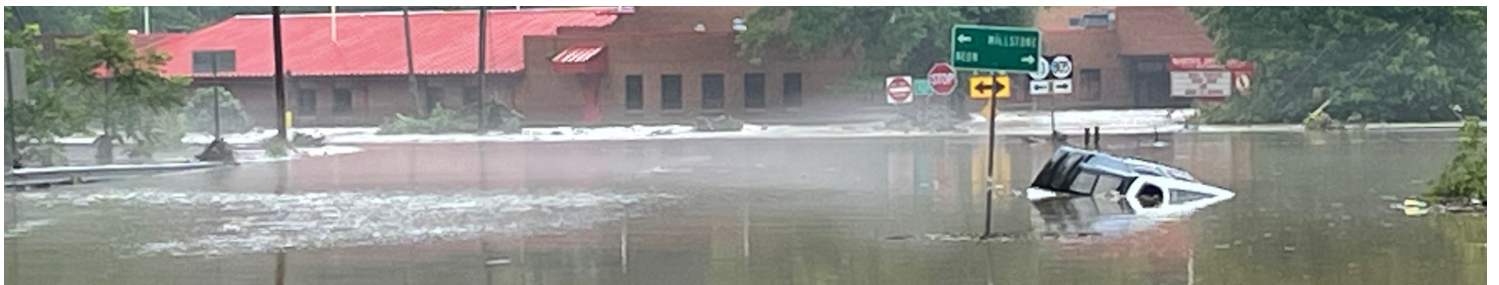
Agents in Letcher and Harlan Counties have partnered with specialists from the University of Kentucky Forestry Department to deliver research-based information to producers through online and in-person programs as part of a \$200,000 USDA ACER grant. The two-part program covers the basics of maple syrup production and a more advanced look at options available to boost production and profitability in the state. The in-person segments included tours to an established maple producer utilizing advanced production options and a finale at the annual Kentucky Maple School. The program has hosted over 120 registrants and has led to further partnerships with Purdue University and KCARD.

The Kentucky Maple Day Project had 1,893 visitors, 633 customers and 38 gallons of maple sold this year. The numbers of visitors, customers, sap collected and syrup produced has grown every year since Maple Day began.

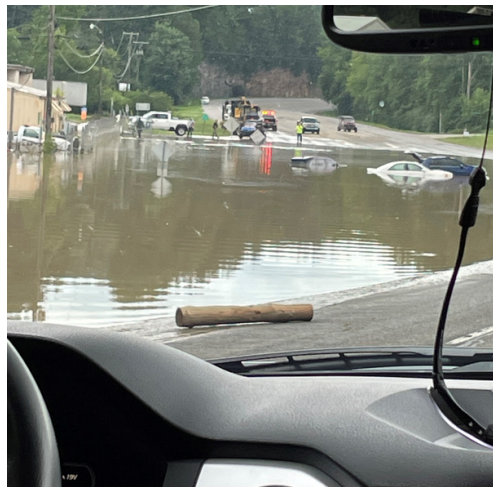


Kentucky Maple Day
at Letcher County Extension

Extension Steps Up to Help Eastern Kentucky Flood Victims



The Extension Office housed roughly 40 people for nearly 2.5 months after July's catastrophic flooding



Flood Damage in Letcher County



Extension Steps Up to Help Eastern Kentucky Flood Victims



The office collected and distributed multiple loads of hay to help Letcher County farmers recover from the flood



Teresa Hylton, Emma Amburgey
Nanette Banks



Brad Sexton, ANR Assistant
Mitch Whitaker, FCS Assistant
Eric Boggs, Maintenance



Harlan Co. ANR Agent, Jeremy Williams
Ky Ag Commissioner, Ryan Quarles
Letcher Co. ANR Agent, Shad Baker



Bingocize participants: Laura Vanhooose, Bradley Vanhooose, Iris Kelly, Vernell Mullins, Pat Anderson, Lavada Mullins

Bingocize

According to the CDC's Kentucky- State Nutrition, Physical Activity and Obesity profile 35.1% of adults are overweight and only 46.2% of adults reported they achieved at least 150 minutes of moderate intensity physical activity per week. FCS agent implemented an innovative way to improve the health of Letcher County; Bingocize.

Bingocize is a 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 Letcher County taught Bingocize® twice a week for 10 weeks in the winter of 2022 and in the fall of 2022.

As a result of this program participants increased their physical activity with 50% reporting moderate activity and 50% reporting vigorous activity most days of the week. Along with 91% of participants reported feeling more comfortable talking to health care providers about medications and other fall risk factors, feeling more comfortable talking to family and friends about falling, feeling more comfortable increasing physical activity, and feeling more satisfied with their life.

Participants responses to Bingocize® include:

- "Got to meet and know new people"
- "Keeps my mind busy"
- "Loved the laughter and friendship"

Participants reported the following ways in which Bingocize® was helpful:

- "Was able to walk steps without going up one at a time"
- "Helped with my mental health"
- "Increased my physical activity and it was fun"



Bingocize participants



Cloverbuds, Teens: Mattalynn Sparks, Autumn Stallard 4-H Assistant, Callie Lee

Sunflower Cloverbud Club

In 2022 after the devastating flood, In order for younger youth in the county to have something special to look forward to too, the 4-H agent started a Cloverbud Club in Letcher County. The club included 4-year-old up to 8-year-old children who had an interest in 4-H. Many of the youth came to drop off older siblings to club meetings and stayed to see what 4-H had to offer. The first club meeting happened to fall on election day which was great opportunity to explain what Election Day is and the importance of the election. A fun Clover Election for the youth was set up . Youth were able to decide the name of the club, hold and elect officers, and learn how to campaign for the office of their choosing. The officer positions were game leader, flag leaders, and pledge leaders. The Letcher County Sunflower Cloverbuds club meets monthly. When asked why the youth chose the name sunflower, they stated they wanted something bright and colorful to look forward to.

The primary goal of the Cloverbuds program is to promote children's healthy development - mentally, physically, socially, and emotionally.

The Cloverbuds program provides an excellent opportunity for children to reach their highest potential because early life experiences, even subtle ones, affect future development. 50% of those attending wanted to make new friends, 25% wanted to do hands on learning and 25% wanted to learn new things.

As a result of the programs 25% enjoyed the hands on learning, 25% learned new things, 100% were involved in hands-on learning, 100% built communication skills, and 100% made friends.



Crystal Smith, 4-H Agent
& Cloverbuds

MEET OUR AGENTS

Our county agents and staff work diligently to bring information and educational resources to members of our community.



**Letcher County
Extension Office**



Shad Baker

Ag & Natural Resources



Nanette Banks

Family & Consumer Sciences



Crystal Smith

4-H Youth Development

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

