



College of Agriculture,
Food and Environment
Cooperative Extension Service
McCreary County Cooperative Extension Service

An aerial photograph of a river winding through a valley, surrounded by hills covered in trees with vibrant autumn foliage in shades of orange, yellow, and red. A small bridge and some buildings are visible in the distance.

McCreary County 2023 Report to the People

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Get Healthy McCreary Hiking

Agents: Leah VanMeter & Tracie Goodman

Program Area: FCS

According to the CDC, 32.5% of Kentucky adults in 2020 self-reported they had not participated in any physical activity. The CDC states that the leading cause of death in Kentucky is heart disease and according to an article published by the National Library of Medicine, two of the major risk factors for developing heart disease are obesity and lack of physical activity. The CDC states that 36.6% of Kentucky adults self-report as overweight/obese and 43% of McCreary county residents report lack of physical activity according to Kentuckyhealth-facts.org.

43% of McCreary county residents report lack of physical activity according to Kentuckyhealthfacts.org.

The Get Healthy McCreary Adult Hiking Group was started in collaboration with the McCreary County Health Department prior to the pandemic. Due to restrictions, no hikes were held during the majority of 2020 nor 2021. In March of 2022, hikes were resumed on a monthly basis, with the first being held at the McCreary County Campus trail beside the McCreary County Somerset Community College Campus and the McCreary County Extension office. The hike was led by the McCreary County ANR and FCS agents. The Campus trail hike included short lessons on how hiking can be beneficial to health, the importance of hydration by the FCS agent, and information on the Hemlock Woolly Adelgid by the ANR agent as well as pointing out trees along the trail that had been treated for Hemlock Woolly Adelgid. There were 18 people that participated in the 1st hike. The second hike was to Lick Creek Falls. Lessons for this hike included information on tick species found in Kentucky presented by ANR agent and common tick diseases presented by FCS agent. There was a total of 20 participants for the 2nd hike. The 3rd hike of the series was to Buzzard Rock; 10 McCreary County residents participated. The lessons provided were related to the importance of staying physically active as well as the signs and symptoms of heat-related illnesses. Information was also provided by the ANR agent related to hiking safety and snake identification.

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All participants completed a pre-test at the beginning of their involvement in the hiking group. All participants stated an interest in learning more about the location of trails in McCreary County, benefits of hiking for mental and physical health, the importance of healthy eating habits, hiking safety, and hiking preparation. Participants were also asked what they hoped to gain by being a part of this program; majority of participants listed socialization and physical activity/health as being their main reasons for taking part in the program. One participant stated that "I have not been walking/hiking as much lately due to an injury so I want to get back into hiking. I enjoy getting out and spending time with other people who enjoy hiking." Another stated "I'd like to get in shape by hiking. I enjoy being outside, seeing nature, and enjoying others company." All participants have stated they look forward to continuing the program in the fall and have enjoyed the hikes so far. Many of the participants have also begun hiking with others from the group in between the large group hikes. Several participants have made the comment that they have lived their whole lives in the county and these hikes have been their first time visiting some of the trails and landmarks.



Botvin Lifeskills Youth Prevention Program

Agents: Leah VanMeter & Tracie Goodman
Program Area: 4H Youth Development

The Kentucky Cabinet for Health and Family Services reports that 10% of adolescents self-report illicit drug use in the past month across Kentucky. Substance use prevention programming is critical to the prevention, delayed onset, and/or early identification of substance use. The Life Skills Training (LST) program, developed by Botvin and colleagues, is one of the most successful substance use prevention programs available for use. It teaches a variety of personal self-management skills and social skills in order to increase perceived self-efficacy and reduce the perceived incentives of substance use in youth and young adults.

McCreary County was identified as a county to invest in as a part of a Rural Opioid Technical Assistance grant secured by University of Kentucky Family and Consumer Sciences Extension, to provide funding to institute Botvin's Life Skills Training (LST) program in rural Kentucky counties. As a part of this grant, McCreary County received approximately \$1,600 in facilitator training at no cost to the county, and \$1,380 in program materials to implement the program at McCreary County Middle School.

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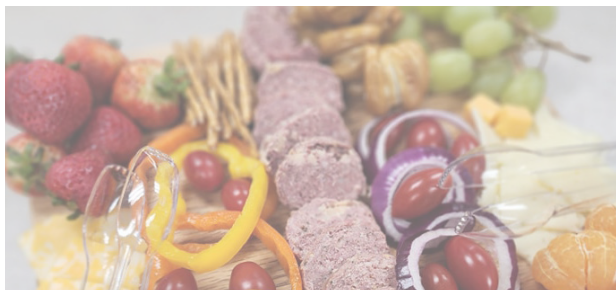
McCreary County Extension Agents were trained to implement the program. Throughout the course of the 2021-2022 school year, approximately 42 students participated in the 15 lesson program. On post-test surveys, 95% of McCreary County students who participated in the LST program reported that they would use a relaxation strategy to cope with stress, as opposed to engaging in deviant or unhealthy behavior.



Evidence-Based Prevention Programs for Schools, Families, and Communities

Summer Sausage Charcuterie Board Program Series

Agents: Leah VanMeter & Tracie Goodman
Program Area: 4H Youth Development



In October of 2022 the ANR and FCS agents conducted a summer sausage workshop and charcuterie board series. This series involved several components. In the first part, participants made their own cutting boards, learned about the best types & species of wood to use for cutting boards vs charcuterie boards, natural stains and food safe sealants, cutting board safety, and sampled Plate it Up recipes which were displayed on example charcuterie boards. In the second part of the series, participants learned about the different types of sausage and making their own sausage at home, they mixed and stuffed their summer sausage for fermentation, we discussed substitutions for beef in the form of venison or elk, gave cook wild recipes and discussed other options for venison, and sampled/ displayed Plate it Up recipes on charcuterie boards, and conducted a glow germ hand washing portion prior to them handling any food. After fermentation, ANR agent used an electric smoker to smoke the sausages and packaged them for the next class. The final class involved creating their own charcuterie board displays and learning about food safety.

•100% of participants surveyed stated an increase in knowledge of:

- Types of wood and sealant to use for cutting boards
- How to cure summer sausage at home
- Cutting board food safety
- Food safety and the Temperature Danger Zone
- Understanding how to prepare a Charcuterie board

- 80% of participants surveyed stated an intention to make summer sausage at home
- 100% of participants surveyed stated an intention to make a charcuterie board at home
- 100% of participants surveyed stated that the subject matter was timely, practical, and educational

•Participants' feedback on most significant thing from program that will be applied to life:

- Food safety and temperature
- Making summer sausage
- How to make food appealing
- "I will definitely be making some charcuterie boards for my family and church functions."
- Hand cleaning and food temperatures
- Different options to make sausage at home

The FCS agent and ANR agent gave a presentation on this program to other agents and staff at our area PD meeting, after which we had requests to conduct the program in 3 other counties and had several other counties interested in doing it themselves.

McCreary County Super Star Chef Camp

Agents: Leah VanMeter & Tracie Goodman

Program Area: 4H Youth Development/ SNAP-ed

Seven students (4 females and 3 males) completed the pretest and posttest to examine the impact of the program on students' nutrition knowledge and cooking self-efficacy. Overall, pre/post comparisons of participant responses to the assessment instrument showed the program enhanced participants' understanding of the nutrition concepts covered in the program. The average total score on the test increased from 56% in the pretest to 70.4% in the posttest (out of a maximum of 13).



McCreary County Super Star Chef Program July 6-8, 2022

According to the Center for Disease Control, 19.7% of children (2-19) in the United States from 2017-2020 are classified as obese. In the 2020-2021 National Survey of Children's Health (NSCH 2020 21: Weight status of the child based on Body Mass Index for age, Kentucky (child-healthdata.org)), 25.5% of children (10-17) in Kentucky are obese (>95th percentile for weight). Obesity is considered a risk factor for health conditions including high blood pressure, high cholesterol, type 2 diabetes, breathing problems such as asthma and sleep apnea, and joint problems. In McCreary County's most recent Community Needs Assessment in 2019, "Fewer Chronic disease (diabetes, heart disease, cancer, etc)" and "More youth life skills training" were identified as a major areas of concern for McCreary County residents. Recent research has indicated that teaching cooking skills to children encourages healthier food choices, which can lower obesity rates. In an effort to address this issue and provide some life skills training to youth, in the summer of 2022 the McCreary County Family Consumer Science Agent/4H Youth Development Agent along with the McCreary County Agriculture and Natural Resource/4-H Youth Development Agent presented SuperStar Chef Camp program at the McCreary County Extension office. This three day camp for students ages 9-12 is designed to teach kitchen safety, food safety, nutrition concepts, and physical activity. In addition, the students practiced food preparation skills with supervision.

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The pre/posttest also included seven items that measured participants' cooking self-efficacy, and analysis showed that participants' total cooking self-efficacy score increased from 30.4 in the pretest to 31.0 in the posttest (out of a maximum of 36). Additionally, the posttest included a self-assessment of participants' intention to make healthy nutrition choices and be more physically active after participation in the SSC program. All of the respondents (100%) reported they can identify healthy foods, plan to drink more water daily, and plan to be more physically active. 85.7% of respondents stated they plan to eat more fruits, plan to eat more vegetables, and try new foods. 71.4% of respondents indicated they intend to drink less soda.



McCreary County 4H

In 2022, McCreary County 4H-YD
reached 2289 people.



26 Special Interest Programs:

2 Agriculture

7 Family and Consumer Science

10 Communications & Expressive
Art

4 Natural Resources

3 Science, Engineering,
and Technology



In 2022, McCreary County
4H-YD offered:

2 Agriculture clubs

2 Family and Consumer Science
clubs

1 Healthy Living club

3 Communication/Expressive Art
clubs

1 Leadership club

4 Natural Resources clubs

1 Science, Engineering, Technology
club





2022 4H Program Highlight

McCreary County 4H joined forces with the McCreary County Tourism to beautify the small downtown park utilized by the McCreary County Library & local citizens.

2022 McCreary County 4H Programs

- Plant the Promise WCES
- 4H Park Beautification Project
- 4H Stained Glass Art
- 4th of July Acrylic Paint "Tie Dye"
- 4H Breaking Barriers
- 4H Trash to Treasure
- Galaxy Painting
- Picasso in the Park
- Galaxy Painting
- 4H Pop-up Floral Painting
- Spook-tacular Concrete pumpkin planters
- Bleach out Spray Spooky Tshirts
- Legacy Hand Casting
- 4H Girl Talk
- 4H Succulent Terrariums
- A Lesson to Chew on
- 4H Penpals into the past
- DIY Flower Presses
- Homeschool Hiking
- 4H Valentine Project
- Hands on Flower Arrangements
- 4H Welding class
- 4H Powertools & Pumpkins
- Stem/Girl Scouts

2022 McCreary County 4H Clubs:

- 4H School Garden Club (Elementary schools)
- Country Ham
- 4H School Art Club (Elementary schools)
- 4H Ceramics
- 4H Shutterbugs
- 4H Sewing Club
- 4H Crochet
- Botvin (Middle School)
- 4H Civics Club
- 4H Rockhounds
- 4H Doodle Bugs
- 4H Woodchucks
- 4H Forestry (High school)
- 4H Stargazers

2022 McCreary County 4H Camps/Day Camps

- 4H Project week
(Baskets, Leather crafts, stepstools, cupcakes, sewing, photography)
- 4H Camp
- Hemlock Days: 4H Forestry Day Camp
- 4H Summer Day Camp
- 4H Holiday Hoopla

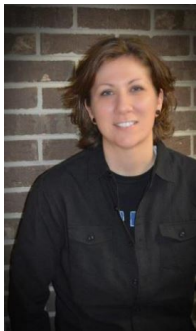


Meet Our McCreary County Extension Staff



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Services offered by the McCreary County Extension office

Let our Office work for you!

- **Home and Farm Visits**
- **Plant Disease Identification & Control**
- **Insect Identification & Control**
- **Plant Identification**
- **Soil Testing**
- **Forage Analysis**
- **BQA Certifications**
- **Pesticide Certifications**
- **Pressure Canner Gauges Checked**
- **Food Preservation Recommendations**
- **Homemaker Clubs**
- **Life Skills Programs related to Nutrition, Health, Family life, Financial Stability, Home Safety, Leadership**
- **Nutrition Education Classess**
- **4H Programs including: In-school clubs, After-school clubs, Summer camp, Day camp, Special Interest groups**
- **4H projects inlcuding: Shooting Sports and Country Ham**



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