

Report to the People Caldwell County 2023



DID YOU KNOW... After the December 2021 tornado, Agents in Caldwell County invested 806 hours in relief and recovery.

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Life Simplified Podcast: <https://lifesimplifiedpodcast.podbean.com>

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4-H Youth Development

Senior Livestock Judging Team Excels

The Kentucky 4-H Livestock Program gives youth opportunities to develop skills that will benefit them throughout life. Through participation in livestock activities, youth learn about animal husbandry, health, daily care, financial management, marketing, communication skills, decision making, career exploration, and much more. 2022 was an exceptional year for Senior Team Members from Caldwell County. They placed 1st overall with seven of the seniors placing in the top twenty. The team went on to have three county members on the Elite 8 Team and two team members served on the Gold Team. The experience that these youth had traveling and judging across the country was a wonderful learning opportunity. One of the team members stated, *"Before this experience I thought about a career in agriculture, but after being a part of the state judging team, I know without a doubt what my future career plans are."*



Avery Ritchey has participated in the 4-H Country Ham Contest since the age of 9 and as a Senior, received the \$1,000 KY 4-H Country Ham Scholarship.

32

Number of youth who completed a state fair arts, photography, or other visual arts project.

25

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H Natural Resource Programming.

Family and Consumer Sciences

Let's Play Bingocize!

The Family & Consumer Sciences Agent offered Bingocize, a 10-week program that combines the game of bingo with exercise and fall prevention education, at the George Coon Public Library. Participants began with short periods of light chair exercises that gradually increased in time and difficulty. 80 % of participants reported that they would incorporate more physical activity into their day and 90% will use the new exercises learned. 90% intend to make one change to their home environment to reduce the risk of falls. One participant stated, *"I love meeting with others and making new friends. Having a scheduled activity is great for me to ensure I'm getting out of the house. The exercises are great! They are easy to do and all can be done alone at home. This has been a good encouragement for me to be more active."* All participants learned how important it is to keep moving and that even a little movement can be helpful.



Life can be difficult. Family and Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston Counties are trying to make it a little easier with their new podcast, *Life Simplified*. They offer research-based information and practical tips for every day life.

170

Number of preschool students that intend to try new foods.

284

Number of middle school students that demonstrated safe handling and preparation of food.

Agriculture and Natural Resources

Beef Quality Care and Assurance

Kentucky remains the largest beef producing state east of the Mississippi River. With that title comes a greater responsibility to insure profitability and sustainability to the Kentucky beef industry. In cooperation with the Caldwell/Lyon Cattlemen's Association, Caldwell County Cooperative Extension hosted two Beef Quality Care and Assurance (BQCA) certifications for Caldwell County producers. BQCA is a national training course developed by the USDA and the beef industry to train producers to manage cattle in a manner to ensure a safe, wholesome beef products for consumers. The National Beef Quality Assurance Initiative says this of (BQCA): *"The Right Way is the Only Way."* BQCA is for cattlemen dedicated to producing the highest quality cattle and providing consumers with the best possible eating experience. 41 producers in Caldwell County were certified this year. The reputation of Kentucky cattle has increased 10-fold in the last 25 years thanks to BQA and BQCA trainings. Currently 85% of US beef comes from BQCA certified producers.



Caldwell County Extension partnered with the KY Division of Forestry and the Arbor Day Foundation to provide a native tree give away to community members affected by the tornado.

46

Number of people who increased their knowledge of Ag Policy including: Farm Bill and Environmental issues.

39

Number of farmers adopting new technologies in agriculture production.

Caldwell County Agriculture and Natural Resources at a Glance

475

Number of Farms

130,160
Acres

Land in Farms

45,142,000

Market Value of Ag
Products Sold

6,163
Acres

Irrigated Crop Land

Top Crops in Acres:

39,700

Soybeans for Beans

31,300

Corn for Grain

19,500

Wheat for Grain

7,272

Forage (Hay/Halage)

537

Tobacco

Family and Consumer Sciences & 4-H Youth Development at a Glance



WELCOME

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

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.

We build strong families by providing educational programs and information related to health, consumer education, and family living.

Making Healthy Choices

- Bingocize
- Nutrition
- Food Preparation
- Food Preservation
- Faithful Families
- Plate it Up Kentucky Proud

Making Wise Financial Decisions

- Recover Your Finances
- Where Does Your Money Go
- Budgeting
- Understanding Credit
- Money Habitudes

PLAN

Nurturing Families

- Laugh & Learn
- Stories, Songs, & Stretches
- Parenting
- Relationship Smarts
- Extension Homemakers

Embracing Life As We Age

- Keys to Embracing Aging
- Life Story
- Memory Banking
- Fall Prevention

Health, Safety, Wellness

- Stress Management
- Addiction 101
- Travel Safety
- FitBlue
- Mind/Body Connection

Caldwell County 4-H Youth Development

4-H Way

4-H empowers young people with the skills for a lifetime. It's research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.



4-H Community

4-H reaches almost 1,300 young people in Caldwell County. Programs are lead by the 4-H agent and dedicated volunteers. Young people experience 4-H through school and community clubs, in-school and after-school programs and 4-H Camps.



4-H Programing

Based on their interest and guided by adult mentors, youth develop their own pathway in 4-H. There are hands-on, learn-by-doing opportunities for everyone ages 9-18. There are also educational opportunities for Cloverbuds, ages 5-8.



4-H is a **community** of **young people** **across America** who are learning **leadership, citizenship and life skills.**