

Jefferson County Extension Service

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

Cooperative Extension Service

Jefferson County
4200 Gardiner View Avenue, Suite 101
Louisville, KY 40213-1877
Phone: 569-2344
www.ca.uky.edu/ces

COUNTY-WIDE NEWSLETTER

April 2023

Welcome!

Kentucky Cooperative Extension is the educational resource for all Kentuckians that serves as a catalyst to build better communities and improve quality of life. **This is our vision.** We are here to enrich the lives of everyone in Jefferson County. Anything from a soil test to recipes to activities for kids to the latest advancements in farming. *Got Questions? We have the answers!*



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.

Please help us welcome to Carolina Robles to our office! She graduated from Berea College with a degree in Child and Family Studies and a minor in Health Studies while she worked with the Health and Wellness department to implement programs in relation to the 8 dimensions of wellness for the campus community. She has also worked for a non-profit organization focused on unifying diverse individuals through the promotion of wellness and health for all. She looks forward to working with Extension and having a positive impact in the community.

WELCOME TO
OUR TEAM!



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

New 4-H Garden Club

By Karen Kummer, 4-H Program Assistant

Our 4-H garden club has started and is excited about growing vegetables. During our first meeting we planted seedlings and worked the cover crop into the soil of the raised garden beds. We are starting off with tomatoes, spinach, broccoli, kale, carrots, peppers, rosemary, and basil. Our seedlings are still in the growing stage because we started them inside. For our second meeting we painted rocks to be our markers for when the plants go into the garden beds. Below you will see the creative garden markers the kids made. They had so much fun painting rocks!



Would you like to receive The Latest Dirt via email? Just click on the QR code below and answer a few simple questions!



Jefferson County Cooperative Extension Horticulture Newsletter



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Jefferson County
4200 Gardiner View Avenue, Suite 101
Louisville, KY 40213
502-569-2344
extension.ca.uky.edu



4-H Photography Club

By Ami Koralia, 4-H Program Assistant

At our last photography class, we had a very special model, the wonderful A'Laiah.

Miss A'Laiah came to Farnsley-Moreman Landing for all of our lovely 4-Hers to learn how to take portrait photographs and also how backgrounds make a difference in your picture. Everyone had a great time. Looking forward to next class and looking forward to some amazing fair entries!

So proud of our photography club and their hard work and so proud of A'Laiah being our model what a wonderful job she did!



Photograph by Mirabella Koralia



Teamwork!

DID YOU KNOW?

The Jefferson County Extension Service received a generous donation from Jefferson County Farm Bureau to purchase all materials needed for raised bed gardens. The partnership with Farm Bureau also supports programs within the Extension office. UK Extension and KSU Extension agents, along with assistants and 4-H Teen Club members, came together to build seven raised garden beds. Once the beds were filled with soil, the 4-H and Horticulture departments teamed up to offer a bi-weekly garden club for youth.



New Agent Process and Core Training

By Sarah Wiseman, Agent for 4-H Youth Development Education

(Since the beginning of 2023 we have had three new Extension Agents join our team. One of them has shared what her first three months as an Extension Agent has been like.)

Over the past three months, I have attended several training sessions where I am able to ask questions and collaborate with UK employees, extension specialists, and fellow agents from all over the state. The first of these being New Agent Orientation, which is a 3-day session where new extension agents from different program areas come to learn the basics of extension and our role as an employee of the University. It was very comforting to meet so many new faces that I will be working with, and I learned so much from everyone. It is amazing to see and hear about everyone else's background and what led them to this career path! Since New Agent Orientation, I have also completed many virtual trainings and specific "in-services" that cover other important aspects of the job.

The next step as a new agent is to attend core training, which again are several sessions that take place in counties all over the state, where we dive into more specific topics that I will need to know as I continue my career in extension. I attended my first core training last month at the Laurel County Extension Office, where I sat in on trainings like facilitation skills, evaluating programs, and mental health first aid. At this training session I was able to reconnect with people I met at New Agent Orientation as well meet even more agents that were all at a different stage in their careers- some were in their first few months like me, whereas others were coming up on a full year on the job!

I will attend another 3-day session of core training in May, and this time Jennifer Palmer and Lina Robles (my fellow new agent hires) will be joining me. I am excited to again reconnect with those I've met from all over Kentucky and to experience a round of training with people from my county.

Be part of the vital conversation about food and nutrition security in Kentucky as we uncover existing strengths and look for additional opportunities to address Hunger in KY.

May 4th, 2023

9 am – 4pm EST

**Fayette County Cooperative Extension Service
1140 Harry Sykes Way
Lexington, KY 40504**



Tentative Agenda includes greetings from USDA, Commonwealth of Kentucky Cabinet for Health and Family Services, Feeding Kentucky, and University of Kentucky College of Agriculture, Food and Environment; a welcome by Dr. Ryan F. Quarles, Kentucky's Commissioner of Agriculture; an Appreciative Inquiry with Paula Plonski, Evaluation Specialist UK Nutrition Education Program followed by wrap up and action plans

Register at

<https://www.eventbrite.com/e/557174573147>

Get Growing with NEP!

By Susanna Diller-Yoke, Staff Support, Central Areas 5-6

The Nutrition Education Program (NEP) is welcoming Spring and the 2023 growing season by collaborating with Extension agents and staff. NEP assistants and 4-H staff are prepping and utilizing onsite raised garden beds to cultivate fresh produce. There are plans to incorporate the harvests gathered from the raised beds into nutrition education classes, 4-H clubs, and community programs.

Gardening is incredibly rewarding and not only supplies fresh, whole foods as part of a balanced diet, but also promotes mental, emotional, and physical wellbeing for a healthy lifestyle. With rising food costs, gardening is also a budget friendly way to improve access to healthier food options in your home and community.

Now is the perfect time to get your garden started! The Nutrition Education Program and Jefferson County Cooperative Extension Service are here to help you start growing in any space!

For more information on the health benefits of gardening, tasty recipes using fresh produce, and resources on getting your garden started in any sized space, visit www.PlanEatMove.com or reach out to the Jefferson County Extension Office at 502-569-2344.

For more tips and tricks to start growing your own food, pick up a free copy of the NEP Growing Your Own Garden Calendar at Jefferson County Extension Office or visit www.PlanEatMove.com to download a digital copy today! Let's get growing!



APRIL	
	Garden Notes
Week 1 Seed peppers, tomatoes, melons, squash, cucumbers for transplants; turn compost	
Week 2 Update your garden journal with any new notes or plans	
Week 3 Prepare trellises or stakes for cucumbers and beans; turn compost	
Week 4 Buy herb transplants—these do well in pots or directly in soil in the garden	



Click here to get on the email distribution list for **The Latest Dirt** – the horticulture newsletter.

<https://tinyurl.com/2p98t97j>



Jefferson County 2022 Report

Our Focus

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

Our Challenge

Poverty

According to U.S. Census estimates for 2020, the median household income in Kentucky is \$54,074, 20% lower than the U.S. median household income of \$67,340.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to the United States overall according to estimates from the 2020 Census and Department of Agriculture.

	KY	U.S.
Total Poverty¹	14.9%	11.9%
Child Poverty¹	19.4%	15.7%
Food Insecurity²	14.0%	10.2%

In 2020, an estimated **11.4%** of Jefferson County residents overall lived in poverty, and an estimated **15.4%** of children under age 18 lived in poverty.¹

Obesity and physical inactivity

Today, six in 10 Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.³ These diseases are all associated with obesity and physical inactivity. The most recent data show that the percentage of adults who have obesity in Kentucky is 36%,



ranking it in the top five states for high obesity rates in the country.⁴ The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.⁴ A large amount of data shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.³

The County Health Rankings and Roadmaps Kentucky report shows that **34%** of Jefferson County's adult population have obesity and **32%** were physically inactive.⁴

Our Solution

Provide hands-on nutrition education to limited-resource audiences, focusing on four areas:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2022, 7,880 contacts were made with Jefferson County residents who participated in nutrition education programming.

Our Results

IN JEFFERSON COUNTY

Lifestyle improvements

In 2022, 89% of adult participants made a positive change in food group choices and 19% showed improvement in one or more food safety practices. In addition, 77% showed improvement in one or more food resource management practices and 63% made changes to be more physically active.



Our Success

Healthy Choices for Your Recovering Body provides skills to Kentuckians in substance-use recovery

According to 2020 U.S. Census data, Kentucky has the second-highest drug overdose death rate in the United States. Estimates show an average 10.7% of Kentuckians aged 12 or older have used illicit drugs over the past month*.

UK Extension Nutrition Education Program (NEP) and Family and Consumer Sciences specialists developed Healthy Choices for Your Recovering Body, a nutrition education program for limited-resource adults in substance-use recovery. HCYRB teaches nutrition concepts, food resource management, physical activity, food preparation, and food safety skills. These skills are critical for functioning independently. They help clients make

the healthy food choices needed to achieve greater health during and after recovery.

By partnering with local facilities, NEP assistants taught HCYRB to 383 adults in recovery in 20 counties between 2021 and 2022. Evaluation results showed statistically significant changes in nutrition and physical activity behaviors. Physical activity increased by 35%, soda and energy drink consumption reduced by 25% and 6% respectively, and water consumption increased by 30%. After participating in the program, 96% intend to choose healthy snacks and eat more servings of fruits and vegetables every day.

**Data from Substance Abuse and Mental Health Services Administration*

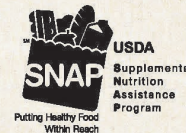


University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion
4. County Health Rankings and Roadmaps

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Meet the Jefferson County Extension Service

4-H Agents

Chanda Hall
Louis Milligan
Kelly Smith
Patrice Thompson
Sarah Wiseman

4-H Assistants

Ami Koralia
Karen Kummer
Donna Thompson

Support Staff

Donna Browne
Phillis Mudd

Horticulture Agent

Jennifer Palmer

Agriculture & Natural Resources

Von Barnes, Urban Agriculture Extension Agent
Wayne Long, Agent for ANR and County Coordinator

Family & Consumer Sciences

Paul Adkins, Area Extension Agent KYNEP
Carolina Robles, Agent for FCS

Nutrition Assistants

Clarissa Cheatwood
Susanna Diller
Keshia Maddox
Omar Miralles
Joel Worth

LeTicia Marshall
Local Food Systems Justice Coordinator

Jessica Marquez
Community Resource Development Agent

COOPERATIVE EXTENSION



University of
Kentucky

College of Agriculture,
Food and Environment



It starts with us

Cooperative Extension Service - Jefferson County

4200 Gardiner View Avenue, Suite 101
Louisville, KY 40213-1877

502-569-2344

Jefferson.ca.uky.edu