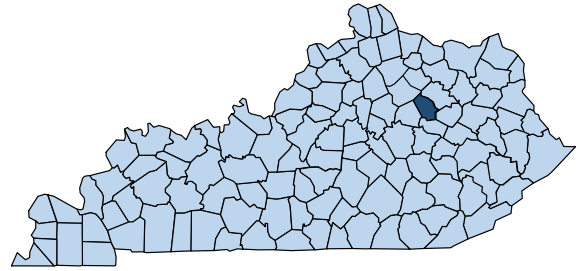


REPORT TO THE PEOPLE

Montgomery County 2023



DID YOU KNOW... Montgomery County was the 22nd Kentucky county in order of formation.



JUST A FEW OF OUR PROGRAMS



Summer
Camps



Leadership



Master
Clothing



Cattlemen's
Association



Website: montgomery.ca.uky.edu



Facebook: @MontgomeryCES

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Bingocize® Group in Action

Bingocize® Program Success

Bingocize® was created by Dr. Jason Crandall, Co-Director/Co-Founder at the WKU Center for Applied Science in Health & Aging. He created the socially engaging group-based game that combines health education and exercise in the format of BINGO. Dr. Crandall and his research team have tested the program and demonstrated that over 90% of older adults who played two times a week for 10 weeks significantly improved physical, social and mental health. Dr. Crandall trained 60 UK FCS extension agents in February 2021 to teach Bingocize® to a minimum of 20 participants between June 1, 2021 - May 31, 2023.

To help participants learn and use health information focused on behavior related to exercise, the FCS Agent in Montgomery County taught Bingocize® to 8-10 participants twice a week for 6 weeks. Of these participants, 6 completed a pre- and post-unit evaluation.

Prior to the program, 1 participant reported that their health was good, and 5 participants reported that their health was fair. After the program, all participants noted that they feel more comfortable doing certain tasks at home alone. 4 out of 5 participants said they felt that their health has improved and will continue practicing their exercise and movements.

Prior to the program, 2 out of 6 participants were a little to very fearful of falling and 4 reported that their fear interfered with social activities. After the program, 6 participants reported fear of falling and 6 reported that their fear interfered with social activities.

Since the time the program began, 1 participant reported a fall with injury.

Prior to the program, 2 participants reported seldom activity; 3 participants reported moderate activity at least 3 times per week; and 0 participants reported vigorous activity for at least 30 minutes, 3 times per week. After the program, no participants reported seldom activity; 6 participants reported moderate activity at least 3 times per week; and 0 participants reported vigorous activity for at least 30 minutes, 3 times per week.

Demographics for the 5 participants were white, non-Hispanic and 1 black. They ranged in age from 65-81 years of age. All were female. All participants lived with their spouse, and majority of participants have completed high school and some college.

As a result of this program, 6 participants feel more comfortable talking to health care providers about medications and other fall risk factors. 6 feel more comfortable talking to family and friends about falling. 5 report feeling more comfortable increasing activity. 6 reports feeling more satisfied with their life and 6 participants would recommend this program to a friend or relative.

POP Club - Power Of Produce



POP Club Participant

Food insecurity and poverty are both problematic throughout America. In Kentucky specifically, 14.7% are living in poverty and 22.1% are living in poverty according to the U.S Census data from 2020. Montgomery County, KY is no different. There are families living in poverty and unsure where their next meal comes from. They often seek help from churches, food pantries, and other organizations available throughout the county.

In response to this problem, the Cooperative Extension Service Family and Consumer Sciences Program alongside the Montgomery County Health Department partnered to offer a 6-week program called Power of Produce Club.

The Power of Produce (POP) Club provides a fun opportunity for children to engage in the local food system through conversations directly with farmers, educational games and demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP Club kids receive vouchers to spend at the market, allowing them to make their own shopping decisions at the market. Each participant between the ages of 4 years – 18 years old could earn POP Club dollars by sampling a food (often a Plate It Up! KY Proud recipe), participating in a physical activity challenge, and taking a second bite of that recipe offered. Each activity was worth \$2.00 each, meaning they could earn up to \$6.00/visit. The dollars were to be spent that day at any Farmer's Market vendor on only fresh fruits and/or vegetables.

Overall, there were 118 youth participants: 58 male, 60 female. 97.5% of those participants were white, 5.9% black or African American, and 1.7% listed as other. Majority (92%) of the participants sampled the recipe and asked for seconds. Both parents and farmer vendors loved this program and were hopeful it could be offered again in the future.

4-H Youth Development

Experiencing Government in Action through State Capitol Experience

In a 2016 survey by the Annenberg Public Policy Center, one in four youth were unable to name the three branches of government. In addition, in July 2018 the Kentucky Revised Statute (KRS) 158.141 stated a student must pass a civics test at a rate of 60% or higher, composed of 100 questions to graduate from a public high school with a regular diploma. To address this need, Kentucky 4-H Capitol Experience was established with the objectives of:

- Developing a positive relationship between elected officials, 4-H members, 4-H Agents, and 4-H volunteer leaders.
- Increasing the knowledge of civics and state government in Kentucky 4-H participants.
- Increasing the knowledge of 4-H Youth Development programs to state elected officials.
- Increasing a sense of responsibility in Kentucky 4-H members to take an active role in local and state government.

Over 300 Kentucky 4-H Youth and extension personnel attended the 2023 Kentucky 4-H Capitol Experience event. Of the 4-H members participating in the event; (a) 41% had an interest (spark) in learning about state government processes, (b) 31% now understand the importance of being an informed citizen, (c) 28% of youth participating plan to register to vote as soon as they are eligible, and (d) 21% want to learn more about state and local government or run for office in their 4-H club.

Montgomery County was represented by a delegation of 3 youth delegates and the County Extension All Programs Assistant. The highlight of the day for the group was the visit with State Representative David Hale who represents Montgomery Powell and Menifee counties. He gave the group a tour of the Capitol taking time to explain his responsibilities which led to a visit to the floor of the House of Representatives to learn about the etiquette and procedures of the House of Representatives. As part of the tour, the group got to visit the chambers of the Kentucky State Supreme Court to learn about the judicial branch of government.



Capitol Experience with Rep. David Hale



Capitol Experience 2023 Participants



Tobacco Buyout 20 Years On

Along with the Tobacco Buyout the Master Settlement Agreement (MSA) was also established 20 years ago. Kentucky and 51 states and territories reached the MSA with 4 major tobacco companies. This historic settlement resolved state lawsuits against the tobacco companies for Medicaid and other health related costs related to smoking. Under the settlement terms, participating tobacco manufacturers agreed to yearly payments to the states based on an annual adjusted rate per number of tobacco products sold each year. Kentucky has and will continue to receive these payments; each year tobacco products are sold in the US. Unlike many other states, Kentucky for the past 20 years has dedicated 50 percent of these funds to agricultural diversification. From that 50 percent, the Montgomery County Agricultural Development Council gets a portion of these funds annually.

The Montgomery County Agricultural Development Council oversees the distribution of these funds, and the County Council is administered by the Montgomery County Cooperative Extension Service. Over the past 20 years, \$5,125,475 has been invested in Montgomery County Agriculture through Cost-Share and Grant Programs funded by Montgomery Counties share of the MSA funds. Investments have been made by Montgomery County farmers and organizations in areas such as beef cattle genetic improvement; cattle handling facilities; forage and grain improvement; hay, grain, and equipment storage facilities; on farm water improvement; fencing; dead animal removal; farmers market improvements; agriculture diversification; goat and sheep programs and share-use equipment programs.

Investment In Montgomery County Agriculture Over the Last 20 Years – Since the Tobacco Buyout and MSA

It's hard to believe that it's been 20 years since the Tobacco Buyout, marking the end of the Tobacco Price Support Program which was created in the 1930's to regulate production and to provide a price support for the crop. A lot has changed since then. Twenty years ago, Kentucky had 60,000 tobacco growers and in 2024 it is anticipated to have less than 1000 tobacco producers. The Tobacco Buyout paid landowners and producers \$10.00 per pound for the tobacco quota accessed to each farm over a 10-year period. Those payments ended in 2014.

