



Report to the People

KNOX COUNTY 2024



Some programs we offer:



Recovery
Garden



WITS
Wellness



Cattlemen's
Association



4-H Art and
Cooking Clubs

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Family and Consumer Sciences (FCS)

According to the National Eating Disorder Association, every 52 minutes someone dies of an eating disorder. 28.8 million Americans are struggling with an eating disorder, 26% attempt suicide and less than 6% are medically underweight. In fact, people in larger bodies are at the highest risk of having developed an eating disorder. The higher the BMI, the greater the risk for individuals. The economic cost of eating disorders is \$64.7 billion per year. This indicates the importance of keeping in mind the signs and symptoms of eating disorders and that we need further education on eating disorder awareness and early prevention for body image disorders.

"The Body Project," A Dissonance Based Body Acceptance and Eating Disorder Prevention Program, established by the National Eating Disorder Association (NEDA) was developed and evaluated by Stanford University, the University of Texas at Austin, and Oregon Research Institute. This program has been delivered to over one million young women around the world and is shown to reduce the risk of future onset eating disorders. This program consists of written, verbal, and behavioral exercises in which participants voluntarily critique our culturally promoted appearance ideal for women during four weekly sessions. The goal of this program is to promote awareness to all students in hopes of preventing an eating disorder.

The Knox County Extension Agent for Family and Consumer Sciences partnered with Lynn Camp High School Family and Consumer Sciences teacher to present, "The Body Project" to 80 teen girls.

During these sessions, the students were presented with what the ideal appearance was and what the healthy ideal is. Discussion included the ideal body image and how this vision was not realistic. Students were able to write a letter to a younger female about the cost of the appearance ideal. One student quoted, "You are perfect the way that you are." Another quoted, "One thing that always helped me, is turning my phone off and listening to music." Participants completed the program by placing body positive quotes on restroom mirrors to encourage body positivity among their peers.

The Body Project

85%

of participants reported using the appearance ideal exercises in their daily lives

92%

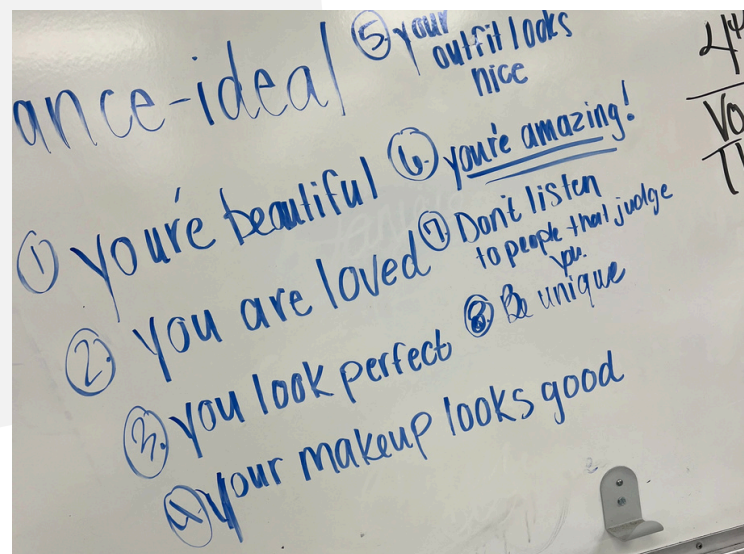
of participants reported that they prepared at least one of the recipes learned in the program at home

80

Teen girls reported positive body thoughts by participating in the "Body Project"



Students at Lynn Camp High School hold up their positive quotes



Students write positive sayings to younger females



Learning about bull index numbers

Bull Value Assessment Program

The Wilderness Trail Area Extension Agents for Agriculture and Natural Resources taught a series of hands-on beef programs over the last year, including marketing, predator control, reproduction, and beef quality assurance. The most recent program was a collaboration between Extension Specialists and Extension Agents called the Bull Value Assessment Program. This was a two-week program where producers learned how to read EPD's of bulls and apply them to real-world situations in the first week. In the second week, participants were given a cattle management scenario and a catalog of bulls. Producers then had the opportunity to buy bulls at a mock auction and were graded to determine how the value of the bull bought compared to their scenario. Several producers expressed the value of the program and increased knowledge in purchasing herd bulls. Producers also stated that the hands-on approach to learning allowed them to better retain the educational information to be used in future purchases.

As a result of the program:



Learning about bull index numbers

89%

of participants increased their knowledge of learning to read EPDs of bulls

86%

of participants could identify characteristics of a good quality bull

72%

of participants stated this program would help with their next bull purchase



4-H Teen Leader, Larry Israel, participates in speed interviews

Knox County 4-H Leadership Program

Life skills are essential in preparing youth for success in life. Leadership is one of the most important life skills that youth should learn. The Knox County 4-H leadership program provided opportunities for youth to grow their leadership skills in a safe and welcoming environment. Youth were encouraged to step out of their comfort zone and experience new things. Our goal was to help youth gain the leadership skills they will use for life. This year, Knox County 4-H partnered with Jobs for American Graduates (JAG) at Barbourville High School and Lynn Camp High School to provide monthly lessons/events structured to help youth recognize and grow their leadership potential. Youth had the opportunity to learn and practice skills related to communication, interviewing, conflict resolution, and team building. Youth were able to take personality assessments, test listening and conflict resolution skills, and participate in mock interviews.

More than 100 youth participated in the programs and more than 30 volunteer business leaders/organizations supported our final project, 4-H Speed Interviews. During this event, youth put the skills they had learned into practice by interviewing with local business leaders and rotating to a new interviewer every two minutes.



Teens at Barbourville City School participate in group interviews

125

youth better understood how their actions/words impact others

91

youth felt more prepared to communicate with adults and their peers

70

youth participated in mock interviews with 94% stating the practice interview helped them feel more comfortable for real-life interviews

Cooperative Extension Service

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

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