

MARTIN COUNTY 2022 REPORT TO THE PEOPLE

DID YOU KNOW...

That in Martin County the Himler Coal Company was the first employee-owned cooperative mining company established in 1919 by Hungarian-American immigrant, Martin Himler. The town of Beauty was once a unique and successful coal mining community called Himlerville.



WEBSITE: [CES.CA.UKY.EDU/MARTIN](https://ces.ca.uky.edu/martin)



FACEBOOK: [HTTPS://WWW.FACEBOOK.COM/MARTINCOUNTYCOOPERATIVEEXTENSION](https://www.facebook.com/martincountycooperativeextension)

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FAMILY AND CONSUMER SCIENCES



Having fun at the Laugh and Learn Playdate.

LAUGH AND LEARN PLAYDATE

Kentucky has reported that only 24.9% of children attending kindergarten in Martin County is actually prepared and equipped to succeed. In many Kentucky counties, limited resources or the environment may serve as barriers for healthy lifestyle choices related to early childhood development and physical activity.

As an innovative strategy to improve early childhood development skills and increase kindergarten readiness with Martin County residents the Family and Consumer Sciences Agent implemented Laugh and Learn Playdates.

Through this program, participants work on improving early childhood development skills and increasing kindergarten readiness. Martin County had a total of 196 participants for the Laugh and Learn Playdate in 2022.

616

NUMBER OF INDIVIDUALS WHO PARTICIPATED IN EDUCATION RELATED TO FAMILY AND CONSUMER SCIENCES

1,504

NUMBER OF CONTACTS MADE RELATED TO FAMILY AND CONSUMER SCIENCES EDUCATION

STORYWALK OPENS AT THE WARFIELD WALKING TRAIL

The Martin County StoryWalk at the Warfield Walking Trail officially opened on October 5th. The StoryWalk, which spans from Warfield Park to the boat dock in town, features display cases with pages of a book spread along the trail.

Each page continues a story and asks participants to perform a physical activity like jumping jacks or running in place.

The StoryWalk encourages physical activity, improving literacy, and family togetherness.



Family and Consumer Sciences Agent with the Family Resource Centers, and Judge Executive at the Warfield StoryWalk kickoff.

4-H YOUTH DEVELOPEMENT

Earth Week

Agriculture is Kentucky's largest employer and contributes the greatest percentage of revenue to Kentucky's economy. As many Kentucky youth will ultimately be employed in the ANR sector, Agriculture is an important core content area for youth to engage in and experience. The Martin County Extension Service is aware of the importance of educating the youth of Martin County on all different aspects of agriculture.

For eight consecutive years the extension office has provided plant science activities at every elementary school during Earth Week. However, 2022 was full force and provide the program to 800 students in all three Martin County Elementary Schools.

As a result of the program students had a greater understanding of where our foods come from and are taking this information home with them. They are indicating that they are helping their parents with raised beds and enjoying the outcome of their hard work. However, the impact of this program will be experienced for many years as these students continue to receive education on these essential skills.



Warfield Elementary School Students with 4-H Agent, learning with the plant science kits.



4-H campers taking it easy!

4-H Camp 2022

According to U.S. data, as of 2019, Martin County had a median household income of only \$40,926 and a poverty rate of almost 27.7%. These numbers are well below the Kentucky average of 50,536. It is a priority for 4-H to provide these kids with positive experiences. One way we do this is with 4-H Camp. Youth gain multiple benefits from 4-H camp experiences in the areas of leadership, character development, self-esteem, decision-making skills, independent living skills, and citizenship.

Martin County 4-H works hard throughout the year to raise money to pay for potential campers. With fundraising efforts and help from the district board, extension was able to pay for all 41 campers in 2022.

As a result, 100% of the campers experienced hands-on learning from caring adults, gained leadership, independent living, citizenship and decision-making skills.

1,673

NUMBER OF CONTACTS MADE
RELATED TO 4-H EDUCATION

AGRICULTURE AND NATURAL RESOURCES

HIS GARDEN

Turkey Creek Church of the Nazarene had their first produce distribution on July 30, 2022. The church gave away 35 bags of beans, 35 bags of potatoes, 42 bags of corn and other miscellaneous vegetables. Members of the church donated 120+ hours of time. The CDC's High Obesity Program (HOP) grant funds initiatives in Martin County in collaboration with the University of Kentucky's Extension Program. His Garden is a partnership with the Church, University of Kentucky Cooperative Extension Service, Martin County Cooperative Extension, and Grow Appalachia.



Members of His Garden at Turkey Creek Church of the Nazarene tending to the garden.

This community garden offers a source of nutritious food, an opportunity for physical activity, and a chance to address the nutritional needs of the community and improve local access to fresh fruits and vegetables. This project focuses on encouraging healthy choices by making fresh and healthy foods more available and making physical activity more popular among all residents.



BEREA COLLEGE

AFTER SCHOOL PROGRAM INCREASES HEALTHY FOOD ACCESS THROUGH HYDROPONIC

Martin County experiences persistent food insecurity and limited access to healthy foods. In response to this, the Martin County Cooperative Extension Service partnered with the Martin County Schools' 21st Century Learning Program to engage families across the community.

Through this partnership, each afterschool program received one hydroponic farming unit to provide experiential learning opportunities and increase access to fresh produce for students and families. Eighty-six children and their families at Inez Elementary School received lettuce and herbs grown with the units.



Agriculture Agent teaching students at Inez Elementary School how to plant lettuce in the hydroponic.

8,886

POUNDS OF PRODUCE GROWN THROUGH GROW APPALACHIA

64

FAMILIES WHO PARTICIPATED IN GROW APPALACHIA

NOTHING IS OUT OF REACH.

HEALTHY FAMILIES. HEALTHY HOMES. HEALTHY COMMUNITIES.



... JUST A FEW WAYS EXTENSION SUPPORTS MARTIN COUNTY



- Summer LEAP program using storybooks and activities to teach children about nutritious foods, healthy eating habits, hand washing, food safety and being physically active.
- Three Quilt Guilds teaching the art of quilting, clothing and textiles.
- Annual Food Preservation Workshops.
- Two StoryWalks in Martin County: Inez Walking Trail and Warfield Walking Trail.
- 4-H Afterschool Programs with 21st Century Learning Program.



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

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

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