

Christian County 2023

Report to the People



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Christian County 4-H



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Did You Know ...

According to the 2020 US Census there are 72,748 people who call Christian County home.

There are 1,324 Farms operating in Christian County that cover 350,000+ acres.

Christian County is known as the Batter Capital of the World.

For More Information Contact Us At:

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Agriculture and Natural Resources



In 2022 the Christian County Cooperative Extension service partnered with Farm Credit of Mid-America to host two groups of Agriculture underwriters. The groups consisted of 29 underwriters from the Louisville Metro Office. Three of the underwriters had limited agriculture experience and the remainder had little to no exposure to agriculture. The program consisted of a two-day tour of agriculture facilities and production farms. During the tours, producers and managers described their operations and explained the need for purchasing and working capital. The underwriters were able to ask questions and clarify certain requests they had seen come across their desk. It was a great opportunity for the lenders as well as the producers to have a dialogue about the lending process. At the end of the day, it was a great feeling for producers to know that they are able to help the ones "Writing Their Future".



Christian County was ranked #1 in the state for wheat production in 2022.



trees were donated to 13 counties in Western and Central Kentucky.



Horticulture

The 2021 tornado affected many Kentuckians. In addition to homes and property, decades old trees and trees planted in memorial were also lost. The Christian County Extension Office partnered with Highlandbrook Nursery to provide trees to families impacted by the tornado. The nursery grew and donated 3,500 trees to help tornado victims recover. The Extension office facilitated the distribution of trees to 13 counties in western Kentucky. Educational information was also provided. In Muhlenberg County, one family receiving trees commented they would be planting two trees in memory of family members who perished in the tornado. Farmers in Taylor County were thankful to have the trees provided to replace those lost in the tornado. Logan County Extension planted tulip poplars at each school as a memorial and tree lesson. Master Gardeners facilitated tree distribution at two locations in Christian County. One response was that this was the first time they had to share how the tornado had impacted their lives. The tree project was more than a plant project, it was a rebuilding and healing process much needed by the community.

Family and Consumer Sciences

Mental Health First Aid (MHFA) teaches participants how to identify, understand and respond to signs of mental health and substance use challenges among adults. The curriculum includes; common signs and symptoms of mental health challenges, common signs and symptoms of substance use challenges, how to interact with a person in crisis, how to connect a person with help, and expanded content on trauma, substance use, and self-care.

As a trained MHFA instructor, FCS Agent Tiffany Bolinger has completed five trainings in the last year, with a total of 136 participants trained. Ninety-Seven percent of the participants reported that the MHFA course was either: helpful and informative OR has better prepared them for the work that they do professionally.

One participant shared, "The most helpful part of the course was seeing the resources in action, watching the scenarios, and reinforcement of the techniques utilized



adults in the United States live with a mental illness.



Nutrition Education

Christian County ranks high in food insecurity at 19% compared to 16% in Kentucky overall and 9% in top US performers. Limited access to healthy foods is also high at 12% compared to 6% in Kentucky overall and 2% in top US performers.

The Christian County SNAP-Ed assistant taught the Healthy Choices for Every Body program to an adult therapeutic rehabilitation group. They learned about nutrition, food safety, and food management practices.

According to pre and post-tests, food security within the group increased with 71% showing improvement in food security indicators like having enough money to get food. 86% showed improvement in food resource management practices with 57% making spending plans and comparing prices more often. 100% of the participants improved in one or more diet quality indicators with 57% eating vegetables more often, 86% eating more beans and peas, and 71% eating more red and orange vegetables.



contacts received nutrition education in Christian County.

4-H Youth Development

In early 2023 the Christian County Extension Office partnered with Joy Closet to host a “Connecting Family Event.” Joy Closet is a local organization offering necessities for newly placed foster and kinship families free of charge. This event allowed foster and kinship families to connect with others in their community. Agents and various extension volunteers gave their time to make this event successful.

Participants learned how to prepare a trail mix recipe, made a flower pot craft, and were provided with a meal, and take-home garden starter kit. This experience provided an opportunity for all extension areas to collaborate.

Heather Gray, director of Joy Closet said “The “friends” that Joy Closet serves don't get to have a lot of fun experiences like the Family Farm Day. Everyone had a blast, and the food was delicious. Also, having community support for foster and kinship families in the area is very valuable and we appreciate all that went into making this event successful.”



151 campers attended 4-H Camp in Dawson Springs, KY in 2022



COOPERATIVE EXTENSION



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