

# Christian County 2024

# Report to the People



**Website:**  
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lifesimplifiedpodcast

## 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.

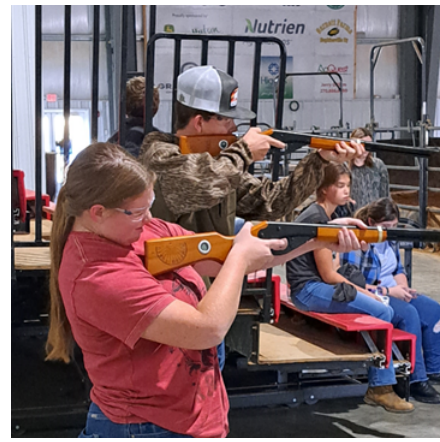
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# Agriculture and Natural Resources

Hunting has been a time honored tradition since man first walked the earth. As of 2021, 15.2 Million Americans hold hunting license allowing them to follow this tradition. Even as more hunters are taking to the woods recreationally we have been seeing a decline in hunting related accidents. According to the International Hunter education Association, "Educational programs on firearm safety have had a significant role in bringing accidental fatalities down by 42% over the last 20 years." The IHEA reports that fewer than 100 hunters die yearly from firearm accidents.

The Christian County Cooperative Extension Service has worked hard to bring Hunter Education to the community in the fall of 2023. With multiple educational opportunities provided at 4H camp and local extension offices, over 100 people have been educated and certified in hunter's safety. Hunter's Education program is a partnership between Kentucky Fish and Wildlife and volunteers that partner together to bring safe practices to those eager to begin a hunting hobby. Hunters Ed. not only stresses the importance of firearm safety, but general first aide, tree stand safety, and how to be a responsible sportsman in the outdoors. The goal of Hunter's Education is to teach sportsmen god habits and best practices that will allow them to return to the woods year after year.



Lifetime odds of death for selected causes, United States, 2020	
Cause of Death	Odds of Dying
Heart disease	1 in 6
Cancer	1 in 7
COVID-19	1 in 12
All preventable causes of death	1 in 21
Chronic lower respiratory disease	1 in 28
Opioid overdose	1 in 67
Suicide	1 in 93
Motor-vehicle crash	1 in 101
Fall	1 in 102
Gun assault	1 in 221
Pedestrian incident	1 in 541
Motorcyclist	1 in 799
Drowning	1 in 1,024
Fire or smoke	1 in 1,450
Choking on food	1 in 2,745
Bicyclist	1 in 3,396
Sunstroke	1 in 6,368
Accidental gun discharge	1 in 7,998

# Nutrition Education

According to census data by the Kentucky State Data Center (KSDC), the population aged 65 and older is at 17%. Life expectancy in Kentucky is 75.1 years compared to 78.5 years in the US overall. The National Council on Aging reports that nearly 95% of adults 60 and over have at least one chronic condition such as diabetes and heart disease. Unfortunately, many older people often have difficulty changing dietary and physical activity habits to stay healthy.

The Christian County Nutrition Education Program Assistant taught the Healthy Choices for Every Body curriculum at senior apartments. Topics discussed included Shifting to Healthier Choices, Healthy Cooking, Food Safety, Fruits and Vegetables, and Healthy Affordable Meals.

Inspired by the lessons, the seniors made positive lifestyle changes. According to pre and post lesson surveys, 100% of participants showed improvement in one or more diet quality indicators with 50% eating more fruits, vegetables and cereal with milk more often each day. Physical activity behaviors improved with 83% making small changes to be active more often. The seniors also showed 100% improvement in one or more food safety practices such as using a meat thermometer more often.



# Horticulture

A national trend of increased interest in home vegetable gardening has been taking place. This has been noticed in Christian County and the local Master Gardener Association and Christian County Extension Office have taken the opportunity to reach and educate the community through social media, in-person training, and the “Hello Garden” newsletter. Beginning with social media postings in 2021, the Master Gardener Association FaceBook page began growing almost daily due to more activity with educational messages, meeting announcements, and videos. The page now has 1,000+ followers. The Master Gardeners also began offering more classes for the community at sites such as the public library, a local brewery, a local hardware store, and the extension office. A recent program was a round-table discussion on lessons learned about growing vegetables with three of our members on the panel. Over 70 people attended the meeting. The “Hello Garden” newsletter, started in the spring of 2022 and has grown to 197 subscribers. The newsletter answers basic gardening questions, highlights videos from the Horticulture Webinar Wednesday series, and promotes upcoming Master Gardener events. At least for Christian County, the renewed interest in gardening has created many new opportunities to reach the public.



# Family and Consumer Sciences

Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston work together to produce the Life Simplified Podcast. The goal is to make life a little easier for listeners by turning researched based information into every day life hacks. Topics include mental health, physical health, relationships, resource management, and parenting. To date, over 50 episodes have been released. The podcast has been downloaded over 1500 times. One listener said, “This has improved my mental health.” Another listener said, “I love how honest these ladies are and they don’t make life out to be perfect.” When asked what they had changed because of an episode, listeners mentioned trying to balance responsibilities, being more mindful of the things that matter most, making more of an effort to increase peace by decluttering and setting healthy boundaries, and being more intentional in relationships.

## TOP 10 MOST DOWNLOADED EPISODES



Download on your favorite podcast app!

- |            |                            |            |                     |
|------------|----------------------------|------------|---------------------|
| Episode 1  | MEET THE HOSTS             | Episode 12 | ORGANIZE YOUR SPACE |
| Episode 2  | SELF-CARE RESET            | Episode 5  | RESET RELATIONSHIPS |
| Episode 3  | RESET YOUR FINANCES        | Episode 16 | BUILDING FOCUS      |
| Episode 4  | RESET YOUR PHYSICAL HEALTH | Episode 7  | HEALTHY BOUNDARIES  |
| Episode 15 | WHAT IS MENTAL LOAD        | Episode 25 | STAYCATIONS         |



# 4-H Youth Development

"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman, and a preacher but every day, three times a day, you need a farmer." -Brenda Schoepp.

Since starting in 1985, Farm Day is long standing program in Christian County 4-H that is provided to all first-grade students in the Christian County Public School System, Private Schools, and Homeschool. For the 2023 Farm Day a total of 819 students and 99 teachers and volunteers attended during one of the two days offered and represented the 8 elementary schools found in Christian County.

According to the Kentucky State Data Center, in the 2010 decennial census 69% of the population in Christian County reside in an urban setting while 31% are rural. As a result, many of the youth in Christian County have not experienced a farm and do not know where their food comes from. In 2018, Farm Day was revamped to meet this need. As the participants traveled through each station, the group leader collected an item that represented their station. After visiting each station, the student visited the "Farmer's Market" where they learned about MyPlate and eating healthy while playing a game from the LEAP curriculum. Along with learning where their food comes from, many of the adults and students learned about the agriculture resources that are found in Christian County. One of the first-grade teachers was quoted, "Students enjoyed seeing and learning about new things. A lot of the students have never been to a farm or seen farm animals in person."



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