



Cooperative  
Extension Service



# KENTUCKY 4-H

ANNUAL REPORT  
2023 PROGRAM YEAR





## MESSAGE FROM THE DIRECTOR

High-quality positive youth development programs are vital to producing a workforce that is ready to lead. Kentucky 4-H plays an integral role in putting science into practice while ensuring all youth have the opportunity to thrive in our programs. Our theme for the 2023 program year was "Celebrate Kentucky 4-H." We have so much to celebrate, from the local, state, national and international levels.

Our learning environments range from the rock wall at 4-H Camp to the ring at the County Fair. Whether youth are learning to shoot a bullseye or properly preserve food, the foundation of the learning environment we create is the same. 4-H is a safe place where youth can belong to a group, engage by directing their own experience, find their sparks, and build relationships with peers and caring adults. The work we do has a profound impact on the long-term development of young people. Research shows that of youth involved in 4-H, 95.1% are comfortable with being a leader, 96% can identify things they are good at, 94.9% can think about how their choices affect others, and 97% get along with those who are different than them.

As you read through our annual report and celebrate the last program year with us, we want to thank you for your role in accomplishing this work. We could not achieve these accolades without the support of all those who play a role at every level of Kentucky 4-H, thank you.

Sincerely,

A handwritten signature in black ink that reads "Rachel N. Guidugli".

Rachel N. Guidugli, Ed.D.

Assistant Extension Director for  
4-H Youth Development



## What is 4-H?

4-H is America's largest youth development organization---empowering nearly six million young people with the skills to lead for a lifetime. Kentucky 4-H reaches on average 200,000 young people each year.

4-H is a community of young people across Kentucky who are learning communication, civic engagement, and leadership skills.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us.

### We believe in:

- All young people's potential;
- Developing young people who are empowered, confident, hard-working, determined, responsible and compassionate—seeing a world beyond themselves so that they have the life-long skills to succeed in college and career,
- Ensuring access and equity for all,
- The power of being a part of America's leading public universities,
- The practice of positive youth development (PYD) by creating positive learning experiences,
- Caring and trusted adult mentors who cultivate positive relationships with youth,
- Create safe, diverse and inclusive environments, and
- Meeting young people wherever they are.



## About Kentucky 4-H Youth Development

**4-H Youth Development** is part of the Kentucky Cooperative Extension. Extension's mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Extension agents and volunteers take the results of university research and explain it in such a way that different age groups can learn and apply the information to their own lives. Kentucky 4-H believes in providing positive youth development experiences that all youth to experience belonging, mastery, independence, and generosity.



## Mission

Kentucky 4-H provides education and life skill development opportunities for youth to grow into confident, capable, and contributing members of their communities.



## Vision

4-H is a community of young people across Kentucky who are learning communication, civic engagement, and leadership skills.



## 4-H Pledge





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## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# KENTUCKY 4-H ENROLLMENT DATA



**170,431** **13,734**

**Youth**  
enrolled in  
Kentucky 4-H

**Volunteers**  
includes youth  
and adult



## Where do they enroll?

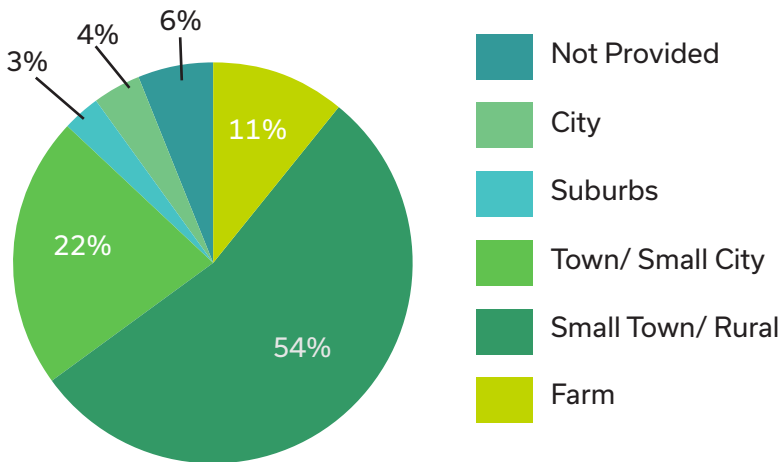
Afterschool Club	<b>4,736</b>
Community Club	<b>24,144</b>
Individual Study, Mentoring, & Family Clubs	<b>687</b>
In-school Club	<b>36,150</b>
Military Club	<b>106</b>
School Enrichment	<b>88,437</b>
Special Interest/ Short-Term	<b>41,158</b>



## Core Program Area Enrollment

Leadership & Civic Engagement	<b>49,075</b>
Agriculture	<b>59,505</b>
Family Consumer Sciences	<b>59,050</b>
Natural Resources	<b>64,198</b>
Health	<b>30,877</b>
Science, Engineering & Technology	<b>24,690</b>
Communication & Expressive Arts	<b>18,848</b>

## Residence





# Volunteerism

Kentucky 4-H engages youth and adult volunteers in service to youth and communities in each of Kentucky's 120 counties. Volunteers connect with youth and provide a sense of belonging. They teach valuable life-skills which provide opportunities for mastery, and engage youth in selecting their own projects and activities. They encourage youth to set personal goals which fosters independence, and they engage youth and 4-H clubs in service to others, which fosters feelings of generosity. 4-H volunteers help youth thrive by engaging them in social, emotional, physical, and cognitive learning, which reinforces the development of Head, Heart, Hands, and Health.

# Volunteerism

## The Benefit of Volunteering with 4-H

The benefits of volunteer service to individuals, populations, neighborhoods, organizations, and communities are well documented. Volunteers extend the outreach of organizations whose programs benefit clientele that would otherwise be unserved. However, volunteer service also provides significant personal benefits to the individuals who contribute their time, talent, energy, and resources in service to others.

Some of these personal benefits include:

- Improved self-esteem and confidence
- A sense of achievement, accomplishment, and purpose
- New skills and valuable work experience
- Better physical and mental health and wellbeing
- A sense of connection to others
- Provide a sense of purpose
- A sense of community
- Opportunities to meet new people and make new friends
- Increased social skills
- Job prospects
- Fun, interesting, and fulfilling activities

4-H volunteers experience these benefits, but often list other factors that influence their decision to begin and continue serving. These benefits include:

- Working with youth
- Spending time with their own children, and the friends of their children
- Sharing their passion, interests, and skills in a specific project area
- "Paying back" or "paying forward" the benefits that they received as a 4-H member
- Sharing their 4-H experience with the next generation of youth
- Spending time working with their agent and other 4-H volunteers



**Adult  
Volunteers**

**9,824**

**Youth  
Volunteers**

**3,910**

**Camp  
Volunteers**

**2,707**

**Environmental  
Camp Volunteers**

**1,081**

**Certified Horse  
Volunteers**

**86**

**Certified Livestock  
Volunteers**

**235**

**Certified Dog  
Volunteers**

**25**

**Accredited Master  
Volunteers**

**115**

# THANK YOU

Major support for Kentucky 4-H Volunteerism was provided by the **Kentucky 4-H Foundation Inc.** in partnership with the **RC Durr Foundation & Dr. George A. Duncan.**





# Linda Branstetter

## 2023 National 4-H Hall of Fame Inductee

Linda Branstetter became a 4-H volunteer on August 15, 1973. She began serving as a 4-H volunteer due to her love of teaching, working with youth, and its complement to her career as a public-school teacher. Her club leader role led to involvement at the county, area, state, and national levels.

She served many volunteer roles over the past 50 years: Variety Show Coordinator, superintendent of both the dairy show and floral hall, 4-H Council member and officer, 4-H Council - Fair Board liaison, communications contest chair, and 12-year fundraising chair. Linda serves as a 4-H volunteer in Metcalfe and Hart counties, the Area 4-H Council, and is an invaluable member of the Kentucky Volunteer Forum Planning committee as well as co-chairing the awards committee.

Linda served a critical role in the transition between Metcalfe County 4-H Agents. The previous agent retired after spending her entire career in Metcalfe County. Linda provided invaluable insight and mentored the new agent in transitioning into the position, preserving the traditions that were important to the program and community while still looking to the future, anticipating change, and updating the 4-H program.

Her agent writes: "Linda is without peers as a 4-H volunteer. She has served on many county, state, and national committees in her 50-year tenure, from club leader to the International Dairy Committee. She brings the same enthusiasm to all roles. Linda makes a positive impact on each youth and adult she encounters."

Linda retired from a successful 35-year career teaching. She received the 2021 KY Retired Teachers Volunteerism Award for her service to 4-H in the commonwealth. She serves in leadership roles in 4-H, Daughters of the American Revolution, Chamber of Commerce, her church, Fair Board, and Extension Homemakers.

Linda, Kentucky's twelfth inductee to the National 4-H Hall of Fame, joins Ann Barker, 2002, H.T. Hardy, 2002, Joyce Clifford, 2004, Dr. Monty Chappell, 2006, Dr. Joe Kurth, 2015, Dr. Wendy Stivers, 2016, Anna Lucas, 2017, Dr. George & Ruth Duncan, 2018, Jim Phelps, 2020, and Harlene Welch, 2021.





# Health and Well-being

The 4-H Health and Well-being program is designed to promote the holistic wellness of youth through a comprehensive approach that integrates positive youth development principles. This program aims to empower young individuals to make informed decisions about their physical, mental, emotional, social, and spiritual health. By addressing the five domains of health and wellness, this program equips participants with the knowledge and skills necessary to lead healthy and fulfilling lives.



# Health & Well-being



Health & Well-being

## Program Goals

The goal of the 4-H Health and Well-Being Program is to promote physical, emotional, social, spiritual, intellectual health and well-being among 4-Hers ages 9-18.

4-H aims to reach these goals by:

- Increasing knowledge and awareness of healthy habits and practices that promote physical, emotional, social, spiritual, and intellectual health and wellbeing among 4-Hers.
- Improving attitudes and beliefs towards healthy habits and practices among 4-Hers.
- Developing skills and competencies necessary for 4-Hers to adopt healthy habits and practices in their daily lives.
- Increasing social support and connectedness among 4-Hers by fostering positive relationships with peers and adults.
- Encouraging self-reflection and exploration of personal values and beliefs related to health and wellbeing among 4-Hers.



5,985

Youth who gained knowledge on responding to mental health concerns

33,337

Youth educated on health and well-being

19,302

Youth who made healthy lifestyle choices resulting from what they learned

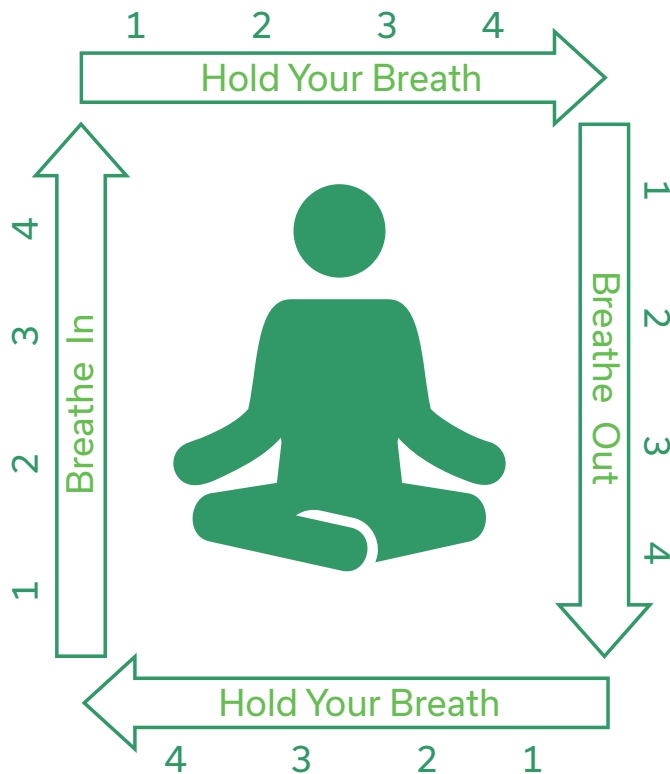
14,805

Youth who increased their daily number of servings of fruits and vegetables eaten



## Youth Strong: Helping Youth and Families in Times of Disaster and Stress

According to the National Alliance on Mental Illness (NAMI, 2022), one in six US adolescents experience a major depressive episode (MDE) each year and almost four million young adults have had serious thoughts of suicide. These statistics coupled with the devastation of natural disasters in Kentucky in less than two years raised concern on how to meet youth where they are and begin to build capacity around the support provided during times of stress and disaster. Kentucky 4-H engaged in a partnership with 7Dippity, Inc. to survey the needs of our state related to coping and resiliency



The resource *Youth Strong: Helping Youth and Families in Times of Disaster and Stress* was developed to provide an easily implemented youth-adult resource to encourage ways to cope and move forward during potentially traumatic times.

Over the past seven months, almost one-half of our professional staff have been trained in the *Youth Strong* resource. Initial evaluation data shows those using the materials find them relevant, necessary, and easy to use. All of those who have received training are planning on integrating *Youth Strong* into their programs in some way. Partnerships with community partners like the Family Resource Youth Service Centers have driven the work forward.





# Family & Consumer Sciences

4-H Family and Consumer Sciences (FCS) projects engage young people in many different sparks. Through skill development, career exploration, and community engagement young people who participate in FCS projects are becoming well-rounded individuals who have the skills needed for long-term success. Areas of exploration within FCS include Culinary Programs, Textiles & Fashion, Nutrition Education, Financial Management, Entrepreneurship, Home Environment, and Child Care.

# Family & Consumer Sciences



**Family & Consumer Sciences**

**36,988**

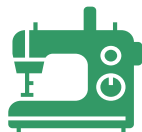
**Young people who participated in FCS-related Education**

**16,051**

**Youth who completed a FCS project**

**21,024**

**Young people who used positive financial decision-making skills**



**22,736**

**Youth reported they had opportunities to be leaders through FCS programs**

## Fashion Leadership Board

Leadership, communication, and civic engagement are three essential skills that young people develop as part of their 4-H experience. Each year young people from across the state apply to be a part of the Kentucky 4-H Fashion Leadership Board and use all three of these skills at the state level. The young people who apply for the Kentucky 4-H Fashion Leadership Board have a passion for the fashion industry and want to share that passion with other young people across the state. This group of young people guides the state textiles program as contributors to fashion and sewing curricula, as facilitators for lessons to middle school youth, and as coordinators for the Kentucky 4-H Fashion Revue. They are instrumental in the delivery of fashion and textile programming to middle school youth throughout the year and create opportunities for other youth across the state to explore their spark for fashion.

This is all done while exploring their own career interests within the fashion industry. As a result of their efforts, the 4-H State Fashion Revue has changed dramatically. Over 800 young people have engaged in fashion-based projects thanks to the FLB. The young people on the Fashion Leadership Board report feeling a sense of empowerment and that they believe they can make an impact on the future -- two important impacts that help lead to the thriving of a young person.





# Family & Consumer Sciences

## Passport Kitchen

The Kentucky 4-H Passport Kitchen program provided young people from Kentucky the opportunity to experience the food cultures of different countries in a self-paced experience. As part of the 4-H Passport Kitchen program, young people received six country kits in the mail during a six-week window. These kits provided all the needed instructions to complete a recipe, a video explaining the recipe, one ingredient for the recipe, information about the country, and a worksheet to help them explore beyond the kit. The self-driven and on-your-own design of the program allowed young people and their families to engage in this as part of their mealtime experience. The materials in the kits also gave young people and their families the opportunity to explore cultures that are oftentimes not their own.

The exploration of other cultures and views is a critical part of a young person's development and helps them form a pro-social orientation as well as a growth mindset. As young people explore cultures different from their own, it helps them understand there are many ways of doing a single thing. Doing this exploration through food provided youth with a shared eating experience. Young people were able to explore cultures outside their own as well as receive the benefit of regular family mealtimes.

Research tells us that having regular meals with caring adults provides a host of benefits to the development of young people. Many youth who participated in the program reported an increase in meals eaten together as a family unit. This increase is important because studies show regular family meals foster a sense of security and togetherness and help nurture the development of young people into healthy, well-rounded adults. When family meals are frequent an increase in motivation, personal identity, and self-esteem in young people

occurs. Family mealtime also helps decrease high-risk behaviors and makes young people more likely to understand, acknowledge, and follow the boundaries set by their guardians. These social benefits are also matched by the health benefits of family mealtime. Eating studies show family dinners increase intake of fruits and vegetables, families who eat dinner together tend to eat fewer fried foods and drink less soda, and the frequency of family meals is linked to the intake of protein, calcium, and some vitamins.

One final outcome of the 4-H Passport Kitchen program is the increase in kitchen confidence among youth in the program and increase of preparing meals together as a family.



**79%**  
Youth reported an increase in confidence in the kitchen

**100%**  
Youth reported learning about another culture

**88%**  
Youth reported preparing meals together as a family

**57%**  
Youth reported an increase in meals eaten as a family

# THANK YOU!

Major support for Kentucky 4-H Family & Consumer Sciences was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with **JoAnn Fabrics and Goodwill.**



## Science, Engineering, & Technology

Projects in the Kentucky 4-H SET program equip young people with the skills they need to succeed in life through a variety of hands-on learning opportunities. Project areas such Aerospace, Agri-science, Computer Science, Electricity and Energy, Petroleum Power, Robotics, and the National 4-H STEM Challenge help young people to develop through building relationships with other youth who share their spark for learning and doing through STEM. Youth will be challenged to expand their knowledge and be open to discovering new ideas and concepts while setting and managing goals for themselves and their project outcomes.



# Science, Engineering, & Technology

## SET Program Reach

Kentucky 4-H SET programs have reached many youth and volunteers 2022 – 23 program year. This was accomplished through educational programming such as the National 4-H STEM Challenge, Aerospace, Agriscience, Biotechnology, Computer Science, Electricity, Robotics, and Petroleum Power.

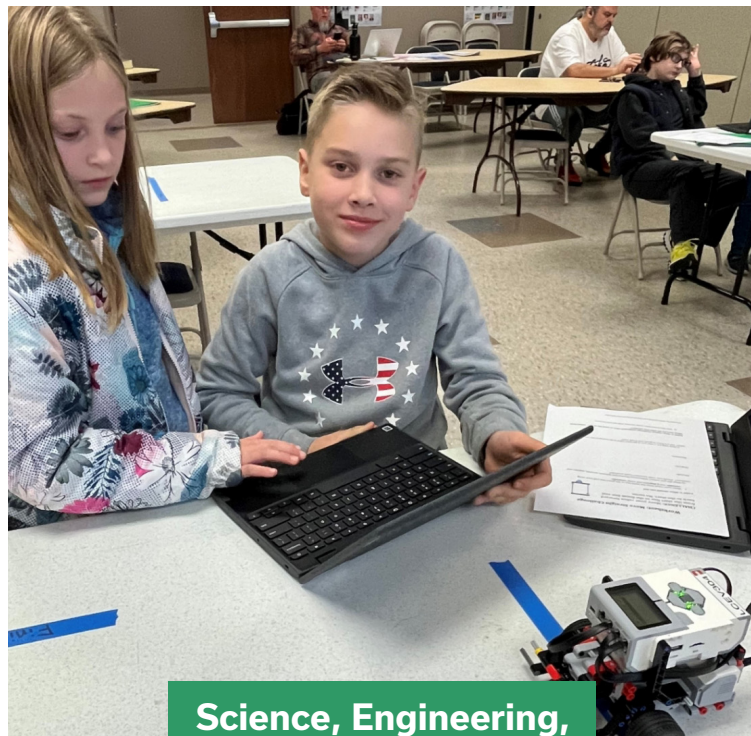
**2,900+**

**Adult Volunteers  
for SET Projects**



**40,900+**

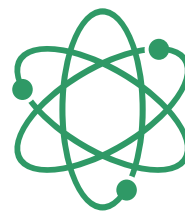
**Youth engaged in  
SET Projects**



**Science, Engineering,  
& Technology**

## SET Partnerships

The Kentucky 4-H SET program partners with the Kentucky 4-H Foundation, National 4-H Council, Farm Credit Mid-America, Lockheed Martin, and other entities and organizations to provide high-quality, research based, hands-on learning opportunities for youth and volunteers in the Commonwealth. These partnerships allow youth to have opportunities not only in but beyond their counties to broaden their horizons and ignite their spark for SET/STEM related topics and career opportunities.



## SET Leadership Board

The Kentucky 4-H SET Leadership Board met for three in-person board meetings to plan workshops for the Kentucky 4-H Summit and Kentucky 4-H Teen Conference. They conducted workshops on Force and Motion and Robotics (4-H Summit) and Drone Technology (4-H Teen Conference) for 70+ middle and high schoolers. They also hosted the Kentucky 4-H Robotics Challenge at 4-H SET Day at the Kentucky State Fair with a 200% increase in participation from 2022. The Board was also able to participate in and present two workshops at the first ever IGNITE by 4-H Youth Summit held in Washington, DC in March of 2023.

# THANK YOU!

Major support for Kentucky 4-H Science, Engineering & Technology programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with **Farm Credit Mid America.**



## Leadership

4-H is an innovator in developing youth leadership and decision-making skills to prepare young people for the future. Kentucky 4-H leadership experiences engage youth in programs, organizations, and communities where they share their voice and influence decision-making that impacts them and their peers. 4-H leadership programs equip young people with confidence and life-skills to be leaders today and tomorrow.



# Leadership

## Leadership: Year in Review

The Kentucky 4-H Leadership core area provides opportunities for members to develop their leadership skills and put them into action.

Over the past program year, we have witnessed the power of youth leadership. Leadership boards at the state level, agents, and state staff collaborated to plan and execute youth leadership experiences such as 4-H Summit and Teen Conference. These youth-adult partnerships create a unique connection with youth creativity and adult experience for the development of a stronger, more diverse experience.

Leadership boards are a vital part of these conferences and allow our younger members to see what the future in Kentucky 4-H has to offer. Through the Leadership core area, 4-H provides the opportunity for a continued progressive 4-H experience. We continue to look for opportunities to grow positive and hardworking contributors for 4-H clubs, communities, the country, and the world.



**4-H Summit  
Enrollment  
351**

**Teen Conference  
Enrollment  
428**



## Leadership



**12,459**

Youth who served as group leaders or officers

**2,707**

Youth enrolled in leadership projects

**8,158**

Youth who served as direct mentors to one or more younger youth

# THANK YOU!

Major support for Kentucky 4-H Leadership programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with **Kentucky Farm Bureau, Tarter Farm & Ranch, Farm Credit Mid America, Kentucky Soybean Board, & Valvoline.**



# Morelia Falcon

Kentucky 4-H Alumna, Former State Officer,  
Emerald Award Winner, and Business Owner

Morelia Falcon credits Kentucky 4-H for helping her break out of her shell and become who she is today. She says, "I found my passion for teaching, fashion, and self-expression through the 4-H program." Over the last 16 years, Morelia has grown through the Kentucky 4-H Program. Some of her favorite experiences were sewing club, photography, livestock, Science, Engineering and Technology Leadership Board, and State Teen Council. The opportunities she took advantage of empowered her to develop the leadership skills necessary to serve as the 2020 Kentucky 4-H Treasurer and achieve the coveted Emerald Award.

Morelia is now thriving as a business owner in the local vintage scene. Panoramic Vintage, owned and operated by Morelia, will be celebrating four years in business this year. Morelia says that 4-H helped develop her communication skills, which she uses in running the day-to-day operations of her business. Panoramic Vintage, formally Thrift in Leitch, has grown with Morelia. She has hopes to expand and maintain her in-store and online presence while progressing her career into personal and celebrity styling.

The network Morelia built through Kentucky 4-H has continued to inspire her. As a young person she worked with caring adults who mentored her and made a difference in her life. Now as an adult, she has the chance to do the same as she serves on the Kentucky 4-H Foundation Board of Directors and on the National 4-H Council Alumni Advisory Committee. Morelia says, "regardless of interests or career goals, 4-H will help youth grow into leaders, community members, and well-rounded individuals. Youth who participate in 4-H gain individualized experiences, opportunities, and impacts that are irreplaceable."







# Natural Resources

Kentucky 4-H Natural Resource programs provide young people an opportunity to find their spark through hands-on learning experiences. A variety of projects and activities are offered in the areas of environmental sciences, entomology, forestry, geology, soils, water, wildlife, and shooting sports. Through these programs, young people develop strong, positive, and meaningful relationships with other youth members and adult leaders while exploring their interests and passions.

# Natural Resources



Natural Resources



## National 4-H Forestry Invitational

Each year, senior 4-H members compete at the Kentucky 4-H Forestry Judging Competition for the opportunity to send a four-person team to the National 4-H Forestry Invitational. At the state contest, 4-Hers demonstrate their forest knowledge in several areas including tree identification, tree measurement, compass and pacing, and topographic map use.

The national competition takes place in Weston, West Virginia each year. Teams compete in tree identification, tree measurement, topographic map use, compass orienting, forest insect and disease identification, forestry written exam, and forestry bowl. This year's Kentucky 4-H Forestry Judging Team included Nevaeh Kouns, Carter County, Kolton Zimmerman, Fayette County, and Ben Falk and Hannah Falk, LaRue County, and was coached by Rebecca Hayes, Carter County 4-H Agent. For the first time in Kentucky 4-H history, Kentucky won the National Forestry Bowl Contest, and placed 5th in the overall contest. In addition, Kolton and Ben tied for the highest individual in the written forestry exam, and Kolton was the highest individual in tree identification and was the second highest individual for the overall contest.



26,307

Youth demonstrated a skill that was learned or improved by participating in 4-H natural resource programming

17,950

Youth used the skills and knowledge learned in 4-H to conserve natural resources



7,911

Volunteers engaged



## THANK YOU!

Major support for Kentucky 4-H Natural Resources programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with **Quicksand Farms.**



# Nevaeh Kouns

## Carter County 4-H Member

In Kentucky 4-H, we believe the longer a young person is involved, the greater the developmental outcomes. Carter County 4-H Member, Nevaeh Kouns, is a perfect example. Nevaeh has been involved in local, state and national 4-H programs, clubs, and contests. She is a member of the Homeschool Club and Teen Council Club in Carter County and has participated in area and regional events like Win with Wood and Forestry Field Days. Additionally, she participated in the Kentucky 4-H Natural Resources and Environmental Sciences Academy and 4-H Teen Conference. This year she joined her fellow 4-Her's at the National 4-H Forestry Invitational as a member of Kentucky 4-H's Forestry Team.



At the National 4-H Forestry Invitational, Nevaeh received the Joe Yeager "Spirit of the Invitational" Award. This award, which is given to the participant that takes initiative, is enthusiastic, and is eager to lead in academic and social situations, perfectly describes Nevaeh. When talking about what she had learned in 4-H, Nevaeh stated, "I've learned failure is okay, it doesn't mean I'm not good. You can always learn more. Not everyone gets 1st, 2nd, or even 3rd place. Try your best, but most importantly just have fun." Nevaeh is currently a sophomore in high school. After graduation, she plans to attend college and earn a degree in forestry or biology.



*Photo Credit: Eric Comley*

## Shooting Sports

The Kentucky 4-H Shooting Sports program provides young people a safe environment to explore their sparks, a place where they feel they belong, and opportunities to form relationships with caring adult mentors. The program includes comprehensive firearms education, recreational pursuits, and healthy competition. Through this young people develop life-skills like teamwork, self-confidence, personal discipline, responsibility, and decision making. 4-H Shooting Sports include archery, muzzle-loading, pistol, rifle, shotgun, and hunting and outdoor skills, with each discipline taught by a certified instructor.



# Shooting Sports



**Shooting Sports**



## Coaches Certification Workshops

In the 2022-2023 program year Kentucky 4-H Shooting Sports certified 148 individuals through its 3-day, 2-night certification workshops. These workshops provide an opportunity for new and returning volunteers to gain training and resources necessary to conduct successful and safe 4-H shooting sports club activities and provide them with a sound foundation in positive youth development.

Certifications were obtained in the following disciplines:

- Archery
- Coordinator
- Muzzleloading
- Pistol
- Rifle
- Shotgun



**148** Individuals certified

**122** First-time attendees

**34** Teen leaders certified

## 2023 State Competition

The Kentucky 4-H Shooting Sports State Competition is the culmination event for youth across the state who participate in the 4-H Shooting Sports Program.

**1,046**  
Youth registered  
from 69 counties



**350**  
State Competition  
volunteers

## National Teams

In June of 2023, 10 Kentucky 4-H youth travelled to Grand Island, NE to take part in the 4-H Shooting Sports National Championship.

### National Muzzleloading Team

- Andrew Myers - Oldham Co.
- Zach Walters- Russel Co.
- Scott Eury - Clark Co.
- Aiden Springer - Montgomery Co.
- Kate Lynn King - Nelson Co.
- Jared Foley (Coach) - Russell Co.

### National Shotgun Team

- Scotty Rowlette - Madison Co.
- Blake Hardy - Estill Co.
- Xander Turner - Estill Co.
- Hunter Manor - Jessamine Co.
- Garrett Goldhahn - Clark Co.
- Donnie Hunley (Coach) - Madison Co.



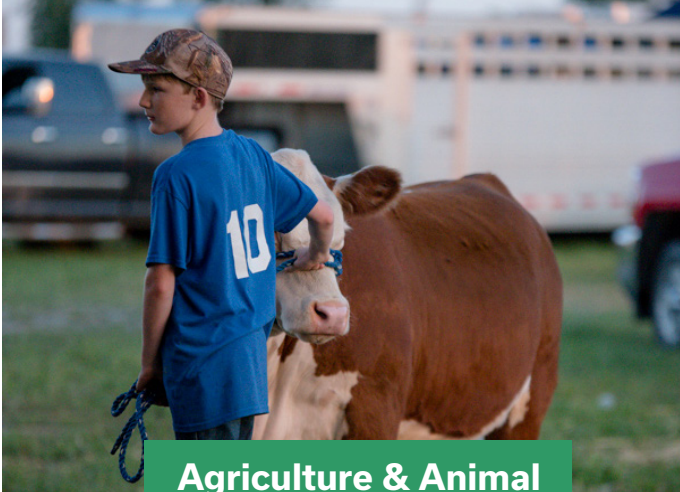


# Agriculture and Animal Sciences

Kentucky 4-H agriculture and animal science programs provide young people an opportunity to find their spark through hands-on learning experiences. A variety of projects and activities are offered in the areas of animal, food, plant, and soil sciences, including but not limited to livestock, horse, rabbit, dog, and gardening clubs, country ham projects, agriculture field days, embryology in the classroom projects, and garden school enrichment programs. Through these programs, young people connect with other youth members and adult leaders that share similar interests and learn invaluable life-skills such as responsibility, teamwork, communication, and critical thinking.



# Agriculture & Animal Sciences



**Agriculture & Animal Sciences**



## 35,957

Youth demonstrated a skill that was learned or improved by participating in 4-H agriculture programming.

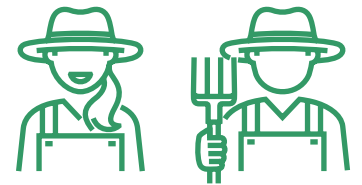


## 41,857

Youth gained an understanding of the role of agriculture in the production of food, fiber, and wood products.

## 19,765

Volunteers engaged in Agricultural & Animal Sciences programs



## 4-H Country Ham Project

The Kentucky 4-H Country Ham Project began with approximately 40 4-H members in the late 1990's and has grown to almost 1,000 members taking part in the project. Each year, the project begins in January, when youth receive two green hams to take through the curing process. The project ends in August at the Kentucky State Fair, where 4-Hers present a speech on their project. This past year was the largest for the project with 971 4-H members from 80 counties across the Commonwealth completing the project.

**97%** Youth reported participation in Country Ham speeches **improved communication skills**

**94%** Youth reported participation in Country Ham speeches **improved critical thinking skills**

**79%** Youth reported participation in Country Ham speeches **improved grades**



## THANK YOU!

Major support for Kentucky 4-H Agriculture & Animal Sciences programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with the **Kentucky Corn Growers & the Kentucky Soybean Board.**



# Opal Best

## Shelby County 4-H Member & 2023 4-H Country Ham Project Senior Grand Champion Award

Opal Best, a senior level 4-H member in Shelby County, stated that the 4-H Country Ham Project, "...has greatly improved my public speaking skills and taught me that sometimes mold is a good thing." Opal has participated in the project since she was in the 4th grade. She said her favorite part of the project is getting to spend the day at the Kentucky State Fair with her mom and walking through Cloverville looking at her and her fellow 4-Hers' exhibits, watching all the shows, (especially the border collies), and getting to eat country ham! The first year Opal participated in the 4-H Country Ham Project she won the Junior Grand Champion Award. This year, as a senior in high school, Opal took home the Senior Grand Champion Award, along with the Non-Smoked Speech Award and Overall Winner Award for her age division.

In addition to the ham project, Opal has also participated in numerous other 4-H clubs and events, including county level programs, such as the Shelby County 4-H Zappy Zippers Club, Shelby County 4-H Teen Council, Shelby County Food-A-Rama, and Shelby County 4-H Project Days, as well as state level events, such as Kentucky 4-H Teen Summit, Kentucky 4-H Teen Conference, and Kentucky 4-H Cupcake Wars. After high school, Opal plans to attend college and study biology. She wants to go into research or ophthalmology and help people.







# Kentucky 4-H Camp

4-H Camp provides a place for youth to explore their interests and passions (sparks), surrounded by Kentucky's beautiful natural resources. Campers will meet caring adults and teen volunteers who are committed to their success and who will ensure each youth feels safe, and that they belong. At 4-H Camp, our class leaders emphasize effort in learning rather than ability, and our campers can expect progressive, exciting lessons that are different every day. The county 4-H agents, adult and teen volunteer leaders, and camp staff are committed to helping our campers engage in new adventures while making new friends.

The Kentucky 4-H Camping Program aims to improve people through intentional life skill development. This happens through collaboration with local, state, and national partners, research-based programming, service-oriented practices, long-term strategic planning, and engagement in the participant's spark.

# Camping



Camping



## Facilities

Kentucky 4-H operates four camping locations that are accredited by the American Camp Association, serving 25,000 guests annually in various programs: summer camp, environmental education camp, extension-sponsored events, camp-sponsored events, and non-extension facility rentals. For many families across the Commonwealth, attending 4-H Camp is a tradition that spans multiple generations.

## Special Event Participants

<b>3,244</b>	<b>504</b>	<b>578</b>
Winter Wonder Camp	Cloverbud Camps	4-H Leadership Programs
<b>66</b>	<b>97</b>	
Issues Conference	KY Envirothon	

## Environmental Education Camp

68 schools participated in environmental education at one of our four camp locations. The curriculum is a great supplement to the *Next Generation Science Standards* and many of the same 4th and 5th grade classes return year after year to learn about the natural resources in their area. More than 4,000 students participated in Environmental Education Camp in 2023.

# 13,635



Largest 4-H Summer Camp Attendance in History!

## Summer Camp Participants



**10,701** Campers

**1,345** Adults

**1,362** Teens

**227** Extension Staff

## Summer Camp

The four 4-H Camps hosted a traditional overnight camp program with participation from all 120 counties in Kentucky. This was the largest attended summer in state history with 13,635 camp participants. West Kentucky 4-H Camp set a camp record for the fourth year in a row with 3,783 camp participants. North Central 4-H Camp saw it's 2nd largest enrollment on record with 3,941 camp participants. J.M. Feltner Memorial 4-H Camp welcomed 3,053 camp participants and Lake Cumberland 4-H Camp welcomed 2,858 camp participants, both experiencing their 2nd largest summers on record.



# THANK YOU!

Major support for Kentucky 4-H Camp programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with the **RC Durr Foundation & Tractor Supply Co.**



# Camping

## 4-H Camp Behavioral Health Fellow Program

To better support the well-being of young people, the 4-H Camping Program partnered with the UK College of Social Work to launch the 4-H Camp Behavioral Health Fellow Program this year.

The initiative worked to hire, and train qualified behavioral health professionals — ultimately increasing the capacity to address the social, emotional and behavioral health issues of campers. The 4-H Camp Behavioral Health Fellow Program focused on camp preparedness, educational outreach and engagement, real-time incident response and service connection and communication.

Fellows were tasked with educating camp counselors on the signs of and strategies surrounding mental and behavioral health issues, as well as be available to respond to incidents that occur during camp.

Fellows enrolled in the graduate program in the College of Social Work participated in a variety of practice-oriented activities, including multi-modal training, field practicum and educational continuum. This training included behavioral and mental health field rotations, camp-based simulation exercises and 4-H research experiences.



*Pictured: Ryley Butler Modaff, 4-H Camp Behavioral Health Fellow, works with youth at Lake Cumberland 4-H Camp.*



Dr. Jay Miller, Dean of the College of Social Work, said “This innovative program will go a long way in bolstering behavioral and mental health supports to young people, caregivers and communities across the Commonwealth”. “What’s more, this approach embodies the principles set forth by Provost DiPaola’s Quality Enhancement Plan, Transdisciplinary Educational approaches to advance Kentucky.”





# Kentucky State Fair

The Kentucky State Fair hosts 4-H projects from across the state in Cloverville. Cloverville consists of 18 divisions where 4-Hers can showcase their projects. 4-Hers can be involved in Cloverville in a variety of ways like exhibiting projects, conducting demonstrations, and performing talents on stage. In order to exhibit a 4-H project in Cloverville, 4-Hers must first compete in their county and be selected as the grand champion in the class. These grand champions advance to the Kentucky State Fair and are exhibited in Cloverville where they are judged on the Danish System. Kentucky 4-H believes that all youth should have opportunities for positive youth development in four guiding concepts: mastery, belonging, independence and generosity. The Kentucky State Fair 4-H events demonstrate a 4-Her's level of mastery in project work through completion of displayed items.



# Kentucky State Fair



**Kentucky State Fair**

**6,730**

4-H projects and competitions participated in at Cloverville

**2,864**

4-H State Fair livestock entries

**55,404**

Hours spent by 4-H members enhancing their skills through hands-on project work



## 2023 Kentucky State Fair Impact

The Kentucky State Fair is a culminating event of yearly 4-H project work. Project work includes the following: "(a) Planned work in an area of interest to the 4-H member, (b) Guided by a 4-H adult volunteer who is the project leader, (c) Aimed at planned objectives that can be attained and measured, (d) Summarized by some form of record keeping, and (e) A minimum of six hours of project instruction" (National 4-H Council, 2013). In 2023, Kentucky 4-H members exhibited and participated in 6730 4-H projects and competitions in Cloverville.

4-H youth exhibited 2,864 livestock projects that included beef, dairy cattle, dairy goats, market goats, sheep, and swine. This is a 19.3% increase in Cloverville projects over 2022 and a 30% increase over 2021. Therefore, as youth spent approximately six hours in quality 4-H programs, Kentucky 4-H members spent a total of 55,404 hours enhancing their skills through hands-on project work.

## THANK YOU!

Major support for Kentucky 4-H State Fair programming was provided by the **Kentucky 4-H Foundation, Inc.** in partnership with **H&R Agri-Power, Wright Implement, Hans Filippo, Churchill Downs, Kentucky Department of Agriculture, David & Roberta Wallace, Martin-Gatton College of Agriculture Food & Environment, Kentucky Soybean Board and Kentucky Pork Producers.**





# Programs



## Civic Engagement

The goal of the Kentucky 4-H Civic Engagement Program is to provide a comprehensive and engaging civic education program for Kentucky 4-H that empowers participants to become active and informed citizens. The objectives of the program are:

- To increase 4-Hers' knowledge and understanding of civic rights, responsibilities, and government structures.
- To develop 4-Hers' critical thinking, communication, and leadership skills.
- To inspire 4-Hers to engage in civic activities and initiatives in their communities.



# Civic Engagement



9,097

Youth who participated in Civic Education & Engagement programs



288

4-H members or participants who sit on local, regional, or state boards for civic organizations

3,705

Youth who designed and completed an educational program based on civic need



## 4-H 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 states a student must pass a civics test composed of 100 questions at a rate of 60% or higher 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, 41% had an interest (spark) in learning about state government processes, 31% now understand the importance of being an informed citizen, 28% of youth participating plan to register to vote as soon as they are eligible, and 21% want to learn more about state and local government or run for office in their 4-H club.

# Civic Engagement

## National 4-H Conference

Three Kentucky 4-H members, Luke Carter, Sidney Sowder, and Isaac Hosay, recently traveled to Washington, D.C. to meet with their legislators and attend the National 4-H Conference. The students, who were all named Emerald Recipients in 2022, were accompanied by UK Cooperative Extension special projects coordinator Chuck Stamper and Hart County Extension agent for 4-H Youth Development Julia Wilson.

"The 4-H Emerald is the highest level of recognition in the program and shows years of experience in civic engagement, leadership and communications," Stamper said. "Very few young people get an opportunity to visit their senators and representatives to learn about national issues and how the representatives are addressing them."

All Emerald award recipients were high school seniors when they were honored and college freshmen during the National Conference. University of Kentucky freshman Luke Carter from Hart County was on the trip. He said the experience was one of the most rewarding things he's experienced.

"This was my third trip to D.C. and it proved that there is always something to see," he said. "The night tour of our nation's Capital was vibrant and exciting. My favorite part of the trip was not the location, but the experience and knowledge gained. I was involved in a roundtable session where I gained extensive knowledge about nutrition and healthy living in the United States before the group presents it to the USDA."

Carter plans to pursue a career in healthcare after college. He said the opportunity to expand his knowledge, make connections, and understand the importance of government in healthcare was invaluable.

"I am even more ecstatic to take this with me for my application to an accredited physician assistant program and apply this knowledge within my career," he said. "The Kentucky 4-H program has provided me with so many opportunities that have prepared me to take on whatever my future entails."







# Kentucky 4-H Foundation

The Kentucky 4-H Foundation is an independent 501(c)(3) organization dedicated to the financial support of the Kentucky 4-H Youth Development Program. The Foundation is a partner of the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment and the Kentucky Cooperative Extension Service, 4-H Youth Development.

# Kentucky 4-H Foundation

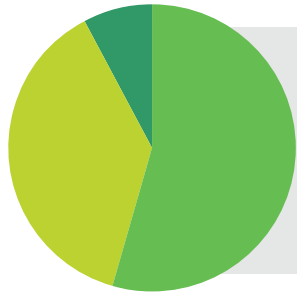


**KENTUCKY**  
4-H FOUNDATION

FUNDING OPPORTUNITIES FOR KENTUCKY'S YOUTH

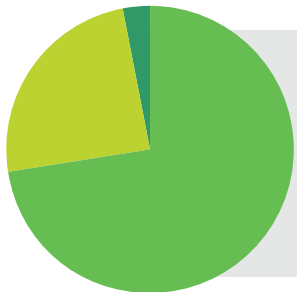
## Your Support at Work

In Calendar Year 2022 (January 1, 2022 - December 31, 2022) the Kentucky 4-H Foundation provided more than \$1,000,000 to support young people and the work of Kentucky 4-H.



### REVENUE, per Form 990

- Contributions & Grants: \$1,575,323.00
  - Service Revenue: \$1,088,119.00
  - Investment Revenue: \$221,499.00
- TOTAL: \$2,884,941**



### EXPENSES, per Form 990

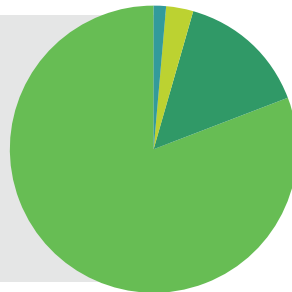
- Program Service Expenses: \$1,604,458.00
  - Management and General Expenses: \$539,304.00
  - Fundraising Expenses: \$61,771.00
- TOTAL: \$2,205,533.00**

**NET ASSETS/FUND BALANCE AT 12/31/2022** \$6,390,478.00

### HOW WE SUPPORT 4-H

(Included in Program Service Expenses)

- County 4-H Support: \$155,768.49
- Scholarships: \$17,500.00
- 4-H State Programs: \$865,763.00
- Ag Mini Grants: \$33,638.43



"The Kentucky 4-H Foundation staff and board of directors has a passion for youth development that is unwavering. Through this passion we are dedicated to our mission of *Funding Opportunities for Kentucky's 4-H Youth* so they can THRIVE in their communities and beyond."

**Melissa Miller**

## What We Do

Through the generous support of individuals and organizations, we support state level 4-H programming; offer college scholarships; provide training and recognition to volunteers; travel to regional and national competitions; and seed funds to support new and expanding 4-H programs.

## How You Can Help

### Annual Fund

We utilize contributions to the Annual Fund to provide for Kentucky 4-H programs, events and special initiatives. One way to give to the Annual Fund is being a Leadership Circle Donor with a \$1,000 annual gift.

### Create an Endowment

Endowments provide enduring support for 4-H programs, counties and college scholarships. This is a gift that last a lifetime!

### Programs

Choose to give directly to any of the many Kentucky 4-H Programs. From Livestock Judging to the STEM program, every Kentucky 4-H Program fosters mastery, belonging, independence, and generosity and gives youth a strong set of skills for their future. Your gift will go directly to the designated program account.

### Planned Giving

Support the future of Kentucky 4-H members by including the Kentucky 4-H Foundation in your estate plans.

## Contact

Call Mellisa Miller at (859) 618-9788 or email at [melissag.miller@uky.edu](mailto:melissag.miller@uky.edu) to learn more and give today!

[kentucky4hfoundation.org](http://kentucky4hfoundation.org)





**KENTUCKY**  
4-H FOUNDATION

FUNDING OPPORTUNITIES FOR KENTUCKY'S YOUTH

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Kentucky 4-H  
Programs**

**You Give.  
Youth Thrive.  
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SCAN ME





Kentucky 4-H Youth Development

Martin-Gatton College of Agriculture, Food, and Environment

212 Scovell Hall | Lexington, KY 40546-0064 | P: 859.257.4505 | 4-h.ca.uky.edu



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