

ENVIRONMENT, HOUSING, AND ENERGY

This educational focus area deals with the environment in which we live to include issues related to housing, energy, and environmental concerns. When planning and preparing a new program of work, you can use the following list for ideas.

- Promote and encourage the observance of special events and designated celebrations such as Radon Awareness Month (January), Commonwealth Clean-up week (4th week in March), Arbor Day (1st Friday in April), Earth Day (April 22), KY Water Awareness month (May), Indoor Air Quality Month (October), America Recycles Day (November 15), etc.
- Use current information and recommended techniques related to landscaping plants, gardening, and wise management and use of chemicals.
- Provide the latest research-based information on home construction or maintenance that addresses energy efficiency in structures, supplies, septic systems, heating and cooling systems, etc.
- Provide latest information on design trends (lighting, color, furniture) to best utilize space and maximize savings, both monetary and for our environment.
- Encourage the application of universal design principles for new and remodeled homes to include all clientele (physically and mentally challenged, various age groups, etc.).
- Promote activities and programs that protect our health as well as the environment such as recycling, water conservation, reduced use of household and gardening chemicals, energy conservation, etc.
- Become more aware of our natural resources and how these can be maintained for future generations.
- Increase your knowledge of how environmental conditions, both indoors and outdoors, impact human health, especially the health of children and older persons. Learn steps you can take to reduce environmental health risks.
- Become more knowledgeable about your local, state, and federal laws that govern the environment in which you live. Some of these that impact you include: Safe Drinking Water Act, Burning Laws, Clean Air Act, Kentucky Agricultural Water Quality Act, and the Forest Conservation Act.

KEHA Environment, Housing, and Energy Chairperson – 2026 to 2029

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ENVIRONMENT, HOUSING, AND ENERGY

Program of Work for 2024-2027

Emphasis One 2024-2025

TITLE: Indoor Air Quality: Sources and Effects on Our Health

Goal: The goal of this lesson is to raise awareness and knowledge about indoor air quality, pollutant sources and their health effects, and steps to improve indoor air quality.

Objectives:

1. Define indoor air quality.
2. Identify indoor air pollutants and how they affect air quality.
3. Identify indoor air pollutants and how they affect health.
4. Identify one action that will improve indoor air quality.

Resources:

- Lesson titled “Indoor Air Quality: Sources and Effects on Our Health” includes these contents:
 - Publication – HSW-HMS.004 Indoor Air Quality: Sources and Effects on Our Health
 - Facilitator’s Guide
 - PowerPoint
 - Evaluation
 - Marketing Tools

Emphasis Two 2025-2026

TITLE: Indoor Mold & Mildew

Goal: The goal of this lesson is to raise awareness and knowledge about sources of mold and mildew, how to deal with it, and the effects it can have on people’s health.

Objectives:

1. Define indoor mold and mildew.
2. Identify sources and conditions that can lead to indoor mold and mildew.
3. Identify solutions to treat mold and mildew in the home.
4. Identify how mold and mildew can affect one’s health.

Resources:

A. Local Guest Speaker

Have someone from the county public health department present on mold and mildew.

B. Extension Resources:

Share information from the Kentucky Extension publication:

- Clean It Healthy Publication: <http://www2.ca.uky.edu/agcomm/pubs/fcs4/fcs4412/fcs4412.pdf> (Mold and Mildew is one of the sections in this publication.)
- Exclusive: Mold Prevention and Removal:
- <https://exclusives.ca.uky.edu/2019/fcs/mold-prevention-and-removal>

C. Government Resources:

Share information from the following government sites:

- KY Cabinet for Health: <https://www.chfs.ky.gov/agencies/dph/dphps/emb/Pages/mold.aspx>
- KY Environment and Energy Cabinet: <https://eec.ky.gov/Environmental-Protection/Air/Pages/Mold.aspx>
- EPA: <https://www.epa.gov/mold>
- Center for Disease Control (CDC): <https://www.cdc.gov/mold-health/about/index.html>

Emphasis Three 2026-2027

TITLE: The Art of Reusing

Goal: The goal of this lesson is to raise awareness and knowledge about the “reuse” portion of Reduce, Reuse, and Recycle. The “3 R’s” of recycling are the foundational principles of sustainable waste management, according to the U.S. Environmental Protection Agency. These practices conserve natural resources and minimize landfill waste. Recycling efforts may vary by region, but anyone anywhere can help to reduce and reuse.

Objectives:

1. Help prevent reusable items from going into landfills.
2. Identify existing items that can be reused rather than buying new.
3. Identify items that can be repurposed into something new.
4. Celebrate Earth Day or America Recycles Day to raise awareness.

Resources:

A. Extension Resources:

Share information from Kentucky Extension:

- MoneyWiSe article: *Reduce and Reuse to Save Money*
 - <https://keha.org/environment-housing-and-energy/>
- Plant and Soil Sciences Publication: *Household Waste Management: Reuse*
 - <https://water.mgcafe.uky.edu/sites/water.ca.uky.edu/files/henv102.pdf>
- UK Solid Waste Management website: <https://water.mgcafe.uky.edu/solidwaste>
- Linds about food reuse and composting:
 - <https://fcs.mgcafe.uky.edu/publications/reduce-food-waste-feed-people-not-landfills>
 - <https://publications.mgcafe.uky.edu/files/id192.pdf>
 - <https://publications.mgcafe.uky.edu/files/NEP233.pdf>
 - <https://winwin.mgcafe.uky.edu/>

B. Environmental Holidays:

Celebrate or share information about the following environmental “holidays.”

- Earth Day – April 22
- America Recycles Day – November 15

C. “Reuse” Project Ideas:

Complete one of these projects using and repurposing existing materials:

- Turn plastic grocery bags into crocheted sleeping mats.
 - Instructions from University of Arkansas Cooperative Extension Service: <https://www.uaex.uada.edu/life-skills-wellness/extension-homemakers/extension-homemakers-blog/posts/Crochet%20a%20Plastic%20Sleeping%20Mat%202.pdf>
- Turn T-shirts into no-sew tote bags.
 - Instructions from Perry County Extension: <https://keha.org/environment-housing-and-energy/>
 - Instructions from U.S. National Oceanic and Atmospheric Administration: <https://marinedebris.noaa.gov/shop-waste-free-reusable-t-shirt-bags>
 - Instructions from LSU Extension: <https://www.lsuagcenter.com/articles/page1589216135673>
- Turn animal feed bags into a reuseable shopping bag or tote.
 - Instructions from Brevard Zoo: <https://brevardzoo.org/wp-content/uploads/tote-bag-pattern.pdf>
- Make a journal from paper bags and record your thoughts on nature.
 - Instructions from Michigan 4-H Nature Connections: <https://www.canr.msu.edu/resources/making-a-paper-bag-journal-nature-journaling>

D. Local Guest Speaker

Have someone from the local sanitation department present about any available local recycling programs.

Additional Environment, Housing, and Energy Lessons Available

TITLE: Radon in Kentucky

Goal: The goal of this lesson is to raise awareness about radon in Kentucky and its negative health effects.

Objectives:

1. Define radon and its prevalence in Kentucky.
2. Understand radon's effect on health, especially when combined with smoking and lung cancer cases in Kentucky.
3. Learn how to test and mitigate in homes and other buildings.

Resources:

- Lesson titled "Radon in Kentucky" includes these contents:
 - Publication – HSW-HS.001: Radon in Kentucky
 - Facilitator's Guide
 - PowerPoint
 - Evaluation
 - Resource List

TITLE: Carbon Monoxide: Exposure and Prevention

Goal: The goal of this lesson is to raise awareness and knowledge about carbon monoxide, its negative health effects, and steps of prevention.

Objectives:

1. Define carbon monoxide and its sources.
2. Understand symptoms of carbon monoxide exposure and its effects on health.
3. Learn how to test for and detect carbon monoxide in homes and buildings.

Resources:

- Lesson titled "Carbon Monoxide: Exposure and Prevention" includes these contents:
 - Publication – HSW-HMS.002 Carbon Monoxide: Exposure and Prevention
 - Facilitator's Guide
 - PowerPoint
 - Evaluation
 - Marketing Tools
 - Activity
 - Activity Answer Key

NOTE: Additional lesson materials may be available on home safety/emergency preparedness. Ask your county FCS agent.

ENVIRONMENT, HOUSING AND ENERGY AWARDS

Adopt-A-Highway Contest

Goal: To encourage homemaker members to participate in community beautification efforts through participation in the Adopt-A-Highway program from the Kentucky Department of Transportation.

Because the Department of Transportation will post a sign at each adoption site, this will also be an effort to promote KEHA. **Name listed to appear on sign should be: Kentucky Extension Homemakers Association – XXX County or Kentucky Extension Homemakers Association – XXX Club.**

All counties and clubs fully participating in the Adopt-A-Highway program will be recognized at the KEHA Annual Meeting. A gift card will be given to the county adopting the most miles and the county adopting the most miles as a percentage of membership.

To enter send the following information: (Incomplete entries will not receive recognition.)

- 1) Photos of highway sign(s)
- 2) A copy of the AAH report form for each clean up date:
<https://transportation.ky.gov/AdoptaHighway/Documents/Adopt-a-Highway%20Program%20Cleanup%20Survey.pdf>
- 3) Before and after clean up photos for each clean up date

Environmentally friendly electronic entries with digital photos are encouraged, however paper entries may be submitted.

Entries are due by March 1. Please send to:

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Environment, Housing, and Energy Program of Work Report
For data collected July 1, 2026, to June 30, 2027

Name of person completing this form: _____	
Phone: _____	Email: _____
For CLUB reports: Club reports are due to the County Environment, Housing, and Energy Chairperson by July 1, 2027 .	
Club Name: _____	
For COUNTY reports: County reports are due via online surveys by August 15, 2027 . The surveys will be available at https://keha.org/reports/ by July 1, 2027. A copy of the submission should be mailed to the Area Environment, Housing, and Energy Chairperson by August 15, 2027.	
County: _____	Number of Clubs reporting: _____

Environment, Housing & Energy

1. **Number of members** who took actions related to environment, housing, and energy:
 - a. Had a lesson on indoor air quality? _____
 - b. Took steps to improve their indoor air quality? _____
 - c. Had a lesson on indoor mold and mildew? _____
 - d. Took steps to prevent or reduce indoor mold and mildew? _____
 - e. Had a lesson on reusing and repurposing items? _____
 - f. Actively identified items and then reused or repurposed them into something new? _____
 - g. Had a lesson on home safety/emergency preparedness? _____
 - h. Have emergency preparedness kits? _____
 - i. Have taken steps to make their homes safer? _____
 - j. Have tested for radon in their homes during this reporting year? _____
 - k. Have a carbon monoxide detector in the home? _____
 - l. Coordinated a program with Waste Management Offices in their county? _____
 - m. Initiated or participated in an Adopt-A-Highway project: _____
2. What topics/areas of Environment, Housing and Energy would your club/county be interested in learning more about?
3. Please share a one paragraph description of an environment, housing and/or energy program conducted by your club/county. (Use back of page if needed.)