Impacting Georgians in 2010

Safe food handling in foodservice programs are well-established in Georgia Cooperative Extension. There are more than 21,000 foodservice establishments having sales above $12 billion and employing more than 370,000 people in Georgia. Each establishment must have a food safety certified manager. Family and Consumer Science Agents taught 1,182 foodservice employees a 16-hour ServSafe® manager certification class.

The Taking Charge of Your Health program for senior citizens was typically rated and evaluated as this one senior from Lanier County had to say: “It really works. I was on seven different medicines last year. But when I started doing the changes you told us, eating less fried food, eating more vegetables and fruits, and walking more, my doctor started taking me off of my medicines. Now I am down to one pill a day!”

Walk Georgia, a program developed by UGA Cooperative Extension Family and Consumer Sciences faculty, was offered for eight weeks both spring and fall throughout Georgia. Physical activity was promoted and did increase. Participants reported an average weight loss of nine pounds during the session, but one person reported a weight loss of 40 pounds.

An intense 5-hour diabetes education program in Washington County was completed by 139 diabetic clients. Many clients report weight loss, lowered blood A1c levels, lowered blood pressure, and feeling better. One client stated on her evaluation, “I came to this class two years ago and my A1c was 8.3. Now it is 6.2. I have lost 40 pounds. I wanted to come back for a refresher and to bring my neighbor who is also diabetic.”

Wash Your Paws, Georgia! Handwashing reduces the risk of foodborne illnesses and infectious diseases such as H1N1. According to the CDC, handwashing is one of the best ways to avoid getting sick and spreading germs. This newly developed Handwashing Education Initiative implemented throughout the state for the public and in schools influenced many to change attitudes and behavior.

Personal Financial Choices, a program required for individuals filing for bankruptcy, improved financial knowledge and increased confidence in their ability to manage personal finances. Family and Consumer Sciences Agents provide this and other educational programs to improve financial capability of primarily low and moderate-income Georgians. More than 7,400 individuals participated in 377 workshops conducted in 74 Georgia counties.