Impacting Georgians

504 individuals from 18 different county extension programs have elected to enroll in the Georgia Consumers Acquiring Saving Habits program! The Georgia CA$H program was launched statewide in February. Together these 504 individuals have set a goal to save an additional $41,104 per month (averaging $82 per person) and to reduce debt by $32,511 per month (averaging $65 per person).

An integral part of UGA Family and Consumer Sciences is the Expanded Food and Nutrition Education Program (EFNEP). A total of 3,243 adults completed the EFNEP series in FY 2010. Of the participants 73% were minorities and 69% received public assistance. Educating the parents who decide on food purchases and meal preparation in their homes can improve the health of entire families. After completing the EFNEP program, 96% of participants improved their diets, consuming over 1 cup more fruits and vegetables and ½ cup more calcium-rich dairy foods per day. Families saved an average of $27 per month on food. 67% improved food safety practices. 81% practiced better food resource management skills. 86% improved nutrition practices. Studies have found that for every $1.00 spent on EFNEP, $10.64 will be saved on future health costs. Nutrition education for youth also plays an important role in the primary prevention of childhood obesity. A total of 23,358 low-income youth were reached through the EFNEP youth program in 2010.

Child care providers play an important role in the lives of the children they care for. Young children in quality child care programs learn important social, intellectual, emotional and social skills that help prepare them for future success. Family and Consumer Science agents in Henry, Rockdale, and Pike counties offer quarterly 5- hour child care provider trainings. 359 providers have attended trainings offered in 2010-2011.

January was Radon Action Month, UGA Radon Educators distributed 769 radon kits to homeowners across the state. 23% of the results received were elevated compared with the national average of 6.7%. Radon Educators reached more than 800 people face to face with radon programs & presentations and reached approximately 35,000 people with radon exhibits and posters. Conservatively, nearly 2 million people were reached with the radon message through newspaper articles, radio and TV spots.

Telfair Elementary students were treated to a day on the farm, right on their own playground! 940 students were educated by the Telfair County Family and Consumer Science Agent on the value of healthy eating. Each class was given an opportunity to try out an interactive Food Pyramid and discuss ways to eat healthier and become more physically active. Simple meal plans were sent home with each of the children in an effort to reinforce this message to parents.