Thank you for your support of The University of Georgia Extension Family and Consumer Sciences . . .

...uranium testing and education programs for families. Uranium, a heavy metal found under decaying granite, has been found in many wells in the north Georgia area. In 2010, a Monroe County couple had unexplained health problems, so they had their well water tested for uranium. The results were twice the amount of the 30 ppb EPA threshold. Uranium has the potential to cause many health problems but the known issue is kidney malfunction. Monroe County Extension has held four workshops with 200 participants on uranium to educate and encourage well water testing. 470 water samples have been tested in Monroe County, and of those tested, 65 had detectable amounts of uranium, ranging from a low of 10.30 ppb to a high of 1549.20 ppb.

...programs that promotes physical activity. Active Walk Georgia participants improve their fitness levels, leading to reduced risk for heart disease, stroke, diabetes, cognitive decline, obesity, osteoporosis, arthritis pain and some cancers. This benefits the community by reducing the number of people who suffer either directly or indirectly from these diseases and by reducing medical costs. During the 12 week Walk Georgia event held this spring, 2,099 Georgians stepped up their physical activity by walking a total of 430,528 miles! Participants averaged walking 16 miles each week and losing an average of 7 pounds.

...breast and cervical cancer education and prevention programs for Georgia women who are at greater risk. In 2011, 289 individuals attended the Cooking for a Life Time Cancer Cooking School in 16 counties. Most attendees were African American or Hispanic. Five schools were offered in Spanish. The Cooking School educates women about the importance of regular breast and cervical cancer screenings and shows how to lower cancer risk through weight control, healthy food and regular exercise. By offering this education and the screenings for Georgia women, we will save lives, lower medical costs and provide better overall health for citizens.

... food preservation and safety. The UGA Extension Family and Consumer Sciences County Agents answer questions from Georgians about canning, freezing, food preservation and safety each and every day. Foodborne illness can be costly to the state and community, and can even be deadly. The elderly, chronically ill, and young children are at high risk for complications to foodborne illnesses that are likely to require hospitalization. Preventing illnesses keeps parents from missing work and losing pay that can be spent for goods in the local economy. Improperly thawed or mishandled food can easily cause economic disaster. Just one case of foodborne illness can cost millions in medical expenses.