University of Georgia Cooperative Extension is working hard for its constituents. The following are examples of Extension’s impact in the county over the past year.

**4-H YOUTH DEVELOPMENT**
Through classroom and after-school programs, the Forsyth County 4-H Club offers education and structured opportunities for youth ages nine to 19 to engage in activities that develop critical thinking, team-building, public speaking and other citizenship and leadership skills. In 2018, the Forsyth County 4-H agent expanded in-school 4-H club curriculum choices and extended the curriculum to grade levels that had not been served in past years. In addition to retaining fifth grade in-school club meetings at six schools, 4-H provided weather and climate science lessons to fourth-graders at four elementary schools and to 15 seventh-grade classes at a middle school, reaching 2,213 students each month. 4-H staff also taught before- or after-school club meetings at six other county elementary and middle schools, reaching another 88 students. Throughout the year, 4-H supported nine after-school skill-building teams. Two teams, the 4-H Senior Recurve Archery Team and the 4-H Wildlife Judging Team, secured spots to compete at the national level. Through their outreach efforts, 4-H staff made 171,631 client contacts and increased 4-H enrollment by 60 percent over the previous year.

**AGRICULTURE AND NATURAL RESOURCES**
The ANR program area serves diverse client audiences through a variety of services, including laboratory analyses of soil, water and forages; in-office plant pathology diagnostics and pest identification; individual and on-site consultations; in-school STEM (science, technology, engineering and math) programs and adult-education programs. Through the nine-week Journeyman Farmer Certificate Program, more than 30 new and beginning farmers learned both the business side and the production side of farming. The eight-week Georgia Master Naturalist training introduced 28 budding citizen-scientists to the complex interactions of local natural resource systems. Single-session classes and Extension volunteer-led events delivered horticulture and environmental education to several hundred youth and adults through hands-on activities. The Agriculture and Natural Resources agent utilized various mass media channels to deliver information to targeted general and professional audiences. Through education and the annual Extension fall plant sale, the agent helps county residents restore native biodiversity to the county.

**FAMILY AND CONSUMER SCIENCES**
The state’s 2018 County Health Rankings placed Forsyth County as Georgia’s healthiest county, but not all county residents are healthy. While the obesity rate is on par with the state average, the cancer rate is 20 points higher. Because chronic diseases can be mitigated through lifestyle choices, the Family and Consumer Sciences (FACS) agent offered several educational courses emphasizing nutrition, dietary guidelines, health body weight and increased physical activity to help clients succeed with chronic disease management, prevention and weight loss. Fifty-four participants, 71.4 percent of whom were uninsured, participated in the bilingual UGA and American Cancer Society Cooking for a Lifetime program. Through these classes, participants learned about screening guidelines and cancer prevention through nutrition and physical activity. The FACS agent also partnered with the local parks and recreation department to offer two eight-week Walk-a-Weigh programs providing nutrition and health education targeting overweight and obesity conditions. In each session, attendees participated in a classroom lesson, a recipe taste test and a group walk.
Agriculture & Natural Resources

Goods and services related to Georgia’s agriculture and natural resources affect each of the state’s communities every day. Agriculture is Georgia’s largest industry, and its direct and indirect economic impact totals $73.7 billion. More than 392,400 Georgia jobs are directly involved in commodity or food- and fiber-related industries.

UGA Extension faculty and staff play a key role in the success of this industry by sharing university-based research for Georgians to use on the farm and at home. Recommendations in areas including soil fertility, pest management, plant and crop varieties, water quality, and herd health and management focus on maximizing production and profits while minimizing environmental impacts.

Agriculture and Natural Resources Extension agents also provide homeowners and communities with information on lawn care, landscaping, gardening and water conservation through a variety of workshops. Some agents also work with schools on projects like community gardens and farm-to-school programs. Georgia Master Gardener Extension Volunteers give thousands of hours of service to their communities by answering questions in county offices and creating educational opportunities.

4-H Youth Development

As the youth development program of UGA Extension, 4-H is also part of a national network. Georgia 4-H reaches more than 170,000 fourth- through 12th-grade students across the state and helps students develop the knowledge, life skills and attitudes that will enable them to become self-directing, productive and contributing members of society. This mission is fulfilled through hands-on learning experiences in agricultural and environmental awareness, leadership, communication skills, citizenship, energy conservation, health, and food and nutrition.

Georgia 4-H’ers are well-known for sharing their knowledge and volunteering throughout their communities. At the school and county levels, students participate in club meetings organized by 4-H Youth Development Extension agents. At the state level, students participate in competitions, summer camps and conferences. Some 4-H competitions and events are also offered at the regional and national levels.

Research indicates that, as a result of participating in 4-H, members are more engaged in their academic studies, less likely to be involved in risky behavior, and more likely to graduate from high school and continue their education.

Family & Consumer Sciences

Family and Consumer Sciences Extension specialists, agents and staff assist in addressing real-life issues faced by Georgians of all ages. They provide programs and the latest information on obesity, chronic disease, food and financial insecurity, family stresses, unhealthy housing, food safety and preservation, nutrition and more.

To help promote the positive development and safety of preschool, school-aged and adolescent youth, UGA Extension offers resources for parents, caregivers and others. Extension professionals in this program area lead consumer economics trainings and programs such as ServSafe®, Relationship Smarts, and PRIDE, a parent and teen driving education course.

Extension also promotes healthy lifestyles through statewide programs. Walk Georgia is a virtual, fitness-tracking resource that encourages physical fitness and healthy lifestyles to better the lives of Georgians. Other health programs managed by UGA include the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed). These classes teach families how to stretch their food dollars, eat healthier meals and snacks, and reduce the risk of foodborne illnesses.

Learn more at: extension.uga.edu

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