

Walton County Department Agenda Request

Department Name: **Extension**

Department Head/Representative: **Joel Burnsed**

Meeting Date Request: **09/13/2022**

Has this topic been discussed at past meetings? **No**

If so, When?

TOPIC: **Funding for Family and Consumer Science position for Walton County.**

Wording For Agenda: **Family and Consumer Science position funding**

This Request: Informational Purposes Only Needs Action by Commissioners* **X**

*What action are you seeking from the Commissioners? **Partial funding for position**

Department Comments/Recommendation:

Additional Documentation Attached? **Yes**

Is review of this request or accompanying documentation by the County Attorney required? **No**

If so, has a copy of the documentation been forwarded to County Attorney?

Date forwarded to County Attorney:

Has the County Attorney review been completed?

If this request involves the expenditure of county funds, please answer the following:

Approved in current budget? **No**

Budget information attached?

Comments: **This position will be fully funded by UGA unitl next fiscal year.**

Purchasing Department Comments:

County Attorney Comments:

Chairman's Comments:

Walton County Family and Consumer Sciences - Talking Points

UGA Cooperative Extension consists of three Program Areas – Agriculture & Natural Resources (ANR), Family & Consumer Sciences (FACS) and 4-H Youth.

Population

- 96,875 (21 largest in state) Expected to grow to: 106k by 2025; 158K by 2050
- 24% of population is below 18 years of age
- 16.2% of population is 65 and older

When comparing present day Georgia to 10 years ago, Georgians are less healthy and employers are contributing more for insurance premiums. It is well documented by the CDC and the Robert Wood Johnson Foundation that the quality of a county's health is in the hands of those who live and work there.

According to the Centers for Disease Control Behavior Risk Factors Surveillance System (2017, most recent available data), 1/3 of adults in Georgia are obese and 2/3 are obese or overweight. Among youth in Georgia ages 10-17, 18.4% were obese according to the 2016 and 2017 National Survey of Children's Health. Overweight and obesity increase the risk for chronic diseases including diabetes, cardiovascular disease, and some cancers, are associated with at least five of the ten leading causes of death in the US, and contribute to more than \$147 billion in annual US health care costs in 2008 dollars (CDC, 2015). Some researchers suggest this number is closer to \$200 billion today. If obesity continues to grow at its current rate, The Robert Wood Johnson Foundation estimates that by 2030, 53.6% of adults will be obese and related health care costs will increase by 20-30%. Children who have obesity are at greater risk for these serious chronic conditions, which can contribute further to future healthcare expenditures as well as their current and future quality of life.

- 34% of adults are obese
- 31% report being physically inactive
- Only 54% report having access to places to be active
- 11% diagnosed with diabetes
- 20% report poor or fair health
- 14% report frequent physical distress
- 17% report frequent mental distress
- 19% report excessive drinking

Currently, the median household income in Georgia is \$53,500. Gains in median household income have been absorbed by the rising cost of insurance. (Nationally premiums increased 5% for family coverage, GA median household income increased 5%).

- Median Household Income \$71,400
- 76% of residents are owner occupied (homeowners)
- 15% of total population are uninsured
 - 18% of adults
 - 8% of children
 - 15.2% of population under age of 65

15% of Georgians live below the national poverty level. In Walton County:

- 10.8% Persons Living in Poverty (10,070)
 - 9.4% of Families
 - 16.7% of Children (3,795)

Other: Access to support/ care for young/ elderly:

- 14 child care centers
- 2,040 child care spots
- 2 nursing homes with 240 bed capacity; 68.8% occupancy

Millions of Georgians are unsure of their next meal – 16% are food insecure and 68% are eligible for SNAP (Supplemental Nutrition Assistance Program). In 2018, 60% of lunches served in Georgia's schools were free and reduced lunches.

- 11% experience food insecurity
- 46% of school aged children are eligible for free or reduced lunch
- 11% of total population receive SNAP monthly benefits
- Ranked 34 out of 159 in GA
- 10,401 monthly SNAP recipients; 4,827 households
- \$17,281,920 SNAP benefits paid each year

Walton County is ranked 37 out of 159 by RWJ Foundation County Health Ranking – health outcomes

FACS Agents help adults in Georgia lose weight, better manage their diabetes, get much needed cancer screenings, eat better and exercise more so they can be healthy and productive citizens and employees.

Local FACS Agents are uniquely trained in subject matter and located in communities where they can assess local needs and bring practical, research-based programs with proven impact to the local audience to affect change. Examples of programming and expertise provided include, but are not limited to:

- All aspects of community health and wellness
- Nutrition education
- Chronic disease prevention and support (cancer, diabetes, obesity)
- Weight management programs
- ServSafe and food safety training
- Child care provider education and certification
- Financial literacy and money management skills
- Parenting and relationship resources
- Housing resources

Alternative language:

Family and Consumer Sciences (FACS) Agents are able to provide focused educational support in Community Health and Wellness:

- ***Food:*** nutrition; preservation; healthy meal preparation; safe food handling; food safety; diabetes; nutrition for chronic disease management
- ***Health:*** weight loss; exercise; disease prevention and management (diabetes, high blood pressure and high cholesterol); healthy eating behaviors
- ***Housing:*** healthy and safe homes, home buyer education, bankruptcy counseling
- ***Families:*** life skills for youth, family relationships, positive decision-making skills for youth
- ***Money:*** financial management, saving and investing

According to the CDC, **4 of the 10** most costly health conditions for US employers— chest pain, high blood pressure, diabetes, and heart attack—are related to heart disease and stroke. **A 1% annual reduction in the level of four health risks—weight, blood pressure, glucose, and cholesterol—has been shown to save \$83 to \$103 annually in medical costs per person.**

Georgia’s citizens can benefit from FACS Agents who can provide:

- Health, wellness and nutrition outreach programs
- Chronic disease self-management programs
- Targeted nutrition and health programs for family, seniors and youth
- Food safety and preservation classes
- Homebuyer education
- Stretching food and household dollars programs
- Planning for life changes and retirement
- Estate planning
- Positive decision-making skills for youth
- Disaster and emergency planning education

These programs can also be used as in-house trainings to assist local governments and private employers reduce health insurance costs and to strengthen families.

UGA Extension Family and Consumer Sciences has proven programming to empower residents to become more knowledgeable in health, wellness and food preservation:

- manage chronic diseases (diabetes, hypertension, high cholesterol)
- address weight management and improve physical activity
- empower citizens to be knowledgeable consumers by teaching nutrition, health and wellness, and stretching their food dollar
- address fresh food use from farm to table or purchase to table
- provide food safety and food preservation instruction

Cost per FACS Agent: \$52,000 Salary
 \$25,000 Benefits
 \$ 8,000 Support (travel, training, etc.)
 \$85,000

Low-Income Nutrition Education Para-professional – **no cost to county!**
 \$32,500 Salary
 \$25,000 Benefits
 \$20,000 Support (travel, training, computer, teaching supplies, etc.)
 \$77,500

Resources:

County Data Assessment – internal tool, various sources

County Health Rankings and Roadmap, Robert Wood Johnson Foundation

National Conference of State Legislatures

US Department of Labor, Bureau of Labor Statistics