

OKLAHOMA COOPERATIVE EXTENSION SERVICE

Impacts Families, Youth, and Communities

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families



fcs.okstate.edu

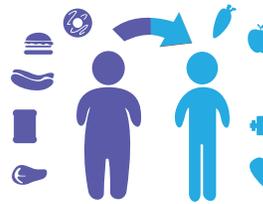
DID YOU KNOW in 2017, our Family & Consumer Sciences Extension Educators reached **288,194** Oklahomans?

Fighting Obesity

Thirty-four percent of Oklahoma youth 10-17 years-old are overweight or obese. After learning how to cook and choose healthier foods,

53% plan to cook many of the foods they eat at home.

"Most of the teens had never used a paring knife or read a recipe. After each class, they wanted to know what we were going to cook next and were waiting for me to arrive next week."



In Oklahoma, 31% of adults are physically inactive. Extension Educators provide education on successful physical activity for people with arthritis.

92% of participants said group walking increased their physical activity and has made them healthier.

"I didn't think I would be able to finish the whole six weeks, but I loved it and will continue to walk. I have more energy throughout the day and have lost weight."

Promoting Financial Management

16.7% of Oklahomans live below the poverty level and 11% have no bank account. Low-income adult participants gained valuable life skills. Participant evaluation data show a

75% increase in both tracking income and spending and confidence in financial future.

"During this program I learned how to budget for the first time and I managed to save \$20.00. That's more than I've ever been able to save in my life!"



Increasing Community Health & Wellness

Over 15% of Oklahoma's population is age 65+ and at greater risk of death from home injury.

92% of participants believe that Extension exercise classes have helped them better perform activities of daily living and improve their balance; and **84%** are less afraid of falling.

"While walking into my house, my foot caught on something. I started to fall but, remembering the exercises we do in class, I shifted and regained my balance. This class kept me from falling and possibly breaking a hip."



About 19,000 Oklahomans are diagnosed with diabetes every year; while 100,000 are unaware they have the disorder.

72% of participants have maintained or lost weight and **61%** better control their blood glucose.

"Because of what I learned in the LEAD program I have been able to lower my A1C to a normal level."

Promoting Food Safety, Nutrition, and Food Security

Nationally, food waste is estimated at 30-40% of the food supply. Evaluation data show an over

80% increase in participants planning to use safe and effective food preservation practices and follow recipes to save money and reduce food waste.

In Oklahoma, 17% of the population does not have access to a reliable source of food and 9% have limited access to healthy food.

Evaluation data show **80%** plan to use money saving meal planning or food shopping practices.

"I'm going to teach my four sons how to prepare their own snacks and meals when I'm at work. It will be better for them and less expensive than what I have been buying from the store."

Creating Healthy Home Environments



Oklahoma ranks third for federally declared disasters. Youth who are prepared to respond to emergencies will be less fearful. Evaluation data show over



82%

of youth know how to stay safe in their home and during severe weather.

Improving Children's Lives through Parenting & Marriage Education

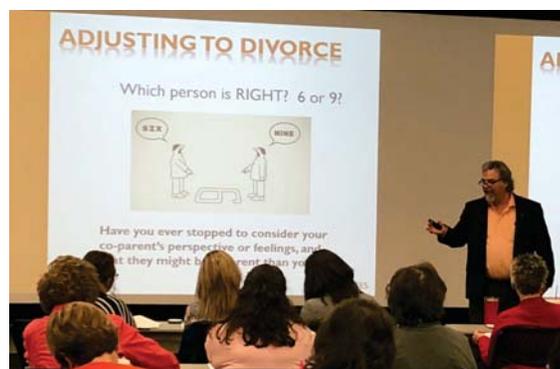
Oklahoma ranks third nationally for number of divorces. Divorce increases the risk of negative outcomes in youth. Evaluation data show

78% of participants committed to reassuring their child that conflict and the break-up of the marriage is not their fault.

76% of participants committed to encouraging their child to have a positive and healthy relationship with their other parent.

"I learned to not compare my children to their father when they misbehave and also to not speak bad about their dad. I didn't know that it hurts my kids when I talk bad about him."

"I learned how our divorce affects our children. My attitude has been very negative; I am going to use what I learned to change how I parent. I want to work together with him as a team to raise our children."



Oklahoma Home and Community Education, Inc. (OHCE)

Through its relationship with the Family & Consumer Sciences (FCS) Cooperative Extension Service, OHCE presents research-based information to assist members in being well-informed and able to handle change at home and in their community. There are currently 83 OHCE members serving across the state as certified Master FCS Volunteers.

A third of OHCE groups reported that in 2017 they:

Donated over \$105,000 of goods to county fairs.

Recycled over 72,000 pounds of materials.

Donated over \$47,000 of clothing.

Planted over \$48,000 of plants, trees & shrubs.

Contributed over 1,800 volunteer hours and over

\$46,000 in care packages for the military.

Contributed over 73,000 volunteer hours, an

economic value of \$1,734,862, through

nursing home visits, reading and tutoring.

