



KAY COUNTY EXTENSION

Kay County
OSU Extension
Brenda Medlock
Extension Educator
FCS/ 4-H

Address

P.O. Box 430
Newkirk, Ok 74647

Phone

580-362-3194

Email

brenda.medlock@okstate.edu

Website

<https://extension.okstate.edu/county/kay/index.html>



Kay County Extension Family and Consumer Sciences



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STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

New study shows in a battle between hope and fear, hope wins!

Historically, hope has been called the belief that good things will happen in the future. However, in the social sciences, hope is more about the ability to generate alternative pathways toward one’s goals and believing in one’s capabilities to achieve those goals.

And the research says that people who are high in hope experience overall greater life satisfaction, said [Ron Cox, Oklahoma State University Extension](#) marriage and family specialist, and director of the [OSU Center for Immigrant Health and Education](#).

“This particularly important for immigrant families or those living in mixed-status immigrant families, some of whom may not have appropriate documentation, or they have family members without appropriate documentation,” Cox said. “The chronic fear that arises from the threat of either themselves being deported or having a loved one being deported creates the kind of toxic stress that diminishes mental and physical health and promotes the initiation of substance use as a means of coping.” Although little research has studied the relationship between fear of deportation and substance use among Hispanics, there are numerous studies demonstrating the strong connection between stress and alcohol, tobacco and other drug use among all groups, not just immigrants.

“Hispanic children of detained or deported parents report higher levels of psychological distress than those with parents who were permanent residents or had no contact with the Immigration and Customs Enforcement,” Cox said.

This is concerning on several fronts. First, the consequences of underage alcohol,



tobacco and other drug use are a major health concern in the United States. “There are more deaths, illness and disabilities in this country from underage use of alcohol, tobacco and other drugs than from any other preventable health condition,” Cox said. “Research indicates 15.2% of people who began drinking by age 14 eventually developed alcohol abuse or dependence compared to 2.1% of those who didn’t drink until age 21 or older.”

According to a [report from the U.S. Department of Health and Human Services](#), the annual economic impact of substance misuse is estimated to be \$249 billion for alcohol misuse and \$193 billion for illicit drug use.

Second, the Hispanic population is one of the fastest growing of any ethnic group in the U.S., and predominantly so for individuals under the age of 19. Hispanic youth make up 26% of all U.S. children. It is estimated that 37% of the U.S. population will be comprised of immigrants and their children by 2050, most of which will be of Hispanic heritage. Because the vast majority (85-90%) of these children are U.S. citizens, policies that promote fear

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among immigrant populations have staggering implications for the nation's future workforce and economic productivity.

However, a new study by Cox and his colleagues shows that there is hope. He said that as expected, Hispanic immigrant youth reporting fear of deportation have increased levels of stress and those youth with increased levels of stress also report more alcohol, tobacco and other drug use.

"What was surprising, however, was that for individuals reporting higher levels of hope, their hope completely offset the effects of fear of deportation on their perceived stress," he said. "In other words, in a battle between hope and stress, hope wins. What is exciting about this finding is that hope is a teachable characteristic."

This might help explain why in a different study published in the October 2021 issue of *The American Journal of Drug and Alcohol Abuse*, Cox and his team found that Hispanic youth in the Unidos Se Puede (United We Can) program had no significant increases in drug use from the 7th to the 10th grade.

Several other research teams have also found hope to be a malleable factor that can help improve youth mental health. Programs geared toward increasing hope and other aspects of positive thinking can help prevent mood disorders among youth of all ethnicities. The limited studies that have been done suggest that youth who have higher levels of hope are more likely to attempt to manage life's adverse events, and the good news is that they are often successful.

"Without research leading to innovate solutions to prevent or delay the initiation of alcohol, tobacco and other drugs, health disparities will likely widen for the Hispanic population," Cox said. "Funding programs that increase hope may be one of those solutions."

Eating Healthy with Rising Food Cost OHCE Leader Lesson



- ◆ **Who-** OHCE members and the public
- ◆ **When-** May 25th 1pm
- ◆ **Where-** Kay County Extension Multipurpose Room
- ◆ **What-** Learn some ways to eat healthy with the cost of food rising everyday. Call the Kay County OSU Extension Office to sign up by May 24 at 580-362-3194. Let us know how many copies your group will need before the lesson or when you can pick them up. Thank you– Brenda



Important Documents to Keep

June 29th at 1:00 pm

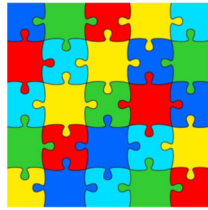
OSU Ext. Multipurpose Room

This lesson is open to the OHCE members and the general public. Come and learn what Important Documents to Keep for yourself and your loved ones. Dawn Andrew from Logan County will be presenting the lesson. Let the Kay County Office know if you would like to sign up to attend this lesson by calling 5803623194. If you need extra copies for your group please also let us know how many to copy for you.

Oklahoma Home and Community Education News

PIECE BY PIECE,

TOGETHER AGAIN



OHCE

88th Annual State Conference

July 9-11, 2023

**Champion Convention Center
Oklahoma City**

Register online at orangehub.okstate.edu

Agriculture Conference Services

OHCE

Early registration fee is \$125.00.

After June 22, 2023, registration fee will be \$150.00

Register online for The First Americas Museum Tour for \$20.00

Attendance is limited so register early.

Please call 405-744-6489 if you need assistance with registration. Jandra or Stacy will be happy to help you.

HOTEL REGISTRATION

Hilton Garden Inn 801 South Meridian, Oklahoma City

Telephone number: 405-942-1400

Group name: OHCE

Room Rates: Single \$104; Double \$114; Triple/Quad \$124

Room rates include complimentary Hot Breakfast Buffet

Reservation deadline is June 22, 2023 (or until hotel is sold out)

PLEASE NOTE: If you wish the hotel to split the cost of your room, you MUST state that when you CHECK IN. The hotel will NOT be able to split the cost of your room when you check out.



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Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.

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Upcoming Events

May

- 7-13– OHCE Week
- 12— OHCE Week Tea Party Social
- 14– Mother’s Day
- 25– OHCE Leader Lesson– Rising Food Cost 1pm
- 29– Memorial Day– OSU Office Closed

June

- 14– Flag Day
- 18– Father’s Day
- 19– Emancipation Day– OSU Office Closed
- 20-22- 4-H Camp
- 23-24– State 4-H Volunteer Conference
- 29- OHCE Leader Lesson– Documents to Keep 1pm

July

- 4– Independence Day Holiday– Office Closed
- 9– 11 Annual OHCE State Meeting– OKC
- 20– OHCE Leader Lesson– Garden Seed Preserving