

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY
EXTENSION

Many Factors Contribute to Childhood Obesity

Childhood obesity is more complicated than eating too much candy or not getting enough exercise. It is a complex disease with many contributing factors, including genetics, eating patterns, sleep routines, physical activity and even location.

[Deana Hildebrand](#), Community Health Program leader for [Oklahoma State University Extension](#), said one in five American children have obesity.

“The United States has the highest level of childhood obesity than any other country in the world,” Hildebrand said. “Children with obesity are at higher risk for health problems such as asthma, type 2 diabetes, sleep apnea, bone and joint issues, as well as risk factors for heart disease such as high blood pressure.”

Each day people make choices that impact their health. While these choices are often framed as personal responsibility, they’re more often influenced by local and unique community and social conditions or stressors outside of personal control. Hildebrand said stressors may include low access to affordable and healthy foods, few opportunities for physical activity and dwindling healthcare options.

“When community and social stressors go unaddressed, health disparities that often describe Oklahoma, create a spiral of detrimental health outcomes,” she said.

Oklahoma’s overall health ranking



in 2019 was 46th in the United States. Nearly one in three children in Oklahoma live in households that can’t always afford to eat good, nutritious meals, and 19% of the state’s youngest population is food insecure. In addition, only 20% of children reside in households that agree a large selection of high-quality fresh fruits and vegetables are available in their neighborhood.

“Oftentimes, obesity isn’t necessarily about what you eat or don’t eat – but understanding that where these families live has an impact,” she said. “Many children live in areas without parks or playgrounds where they can burn energy and calories. Only about 25% of Oklahoma children live in neighborhoods with a recreation or community center. Just over 55% of children live in areas with sidewalks or walking paths. These factors impact childhood obesity.”

OSU Extension has programming aimed at addressing childhood obesity. In the fall of 2023, OSU Extension launched the Community Health Program for which Hildebrand serves as state lead. “Health disparities are

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complex issues that need to be addressed at multiple levels within a community,” Hildebrand said. “Extension’s community health team will work with community organizations to address local issues impacting health.”

The High Obesity Program, funded through the Centers for Disease Control and Prevention, serves residents in 10 counties across Oklahoma with community projects that improve access to healthy food and safe places for physical activity. HOP is a multi-faceted program that supports nutrition knowledge and how to increase physical activity, and advocates for infrastructure improvements that support a healthier lifestyle.



Garfield OSU Extension Office will be closed November 28 & 29, 2024 for Thanksgiving



Upcoming Classes

Christmas Ornament Class

Get a start on your Christmas holiday decorating. We have a workshop scheduled for November 1st from 9:30 to noon. You will have your choice to make a Christmas ornament in your choice of white, red or green color, or you can choose to make 2 wooden snowman ornaments. All the supplies will be provided, class cost is \$10. The deadline to sign-up is October 28th. Class is limited to 10. Make any checks out to Shirley Clark.



Barn Quilt Class

A Barn Quilt Class will be held Saturday, October 12 running from 9-4 pm. Cost is \$40 and includes all materials necessary, patterns, and lunch. Please register by October 8. Class must have 6 enrolled students to be held. Fall is a great time to decorate your front yard or porch. Complete a one-of-a-kind art piece to be the envy of your neighborhood.



Oklahoma Unwanted Pesticide Disposal Program

Will be held October 22, at the Major County Fairgrounds, 808 E Highland St, Fairview, 8 am to 1 pm. This is a disposal program designed to remove unusable pesticides from storage and reduce the potential threat to public health and the environment. Individuals are limited to 2,000 lbs. More information can be found at <https://bit.ly/3pF9K2p>



Local Group Reminders

Remember dues are to be submitted along with a new membership form by October 1. Included in your dues is your groups donation to Rural Women in Action and Country Women's USA Donations and Norma Brumbaugh Scholarship fund. Club Officer names are due at this time to complete the yearbook. Due by November 1 are member names for 10-20-25-30-40-50-60-70 year membership information for the Achievement program in January.



County Fair Thank You

Thank you to all the OHCE members and friends of OHCE who assisted at the Garfield County Fair. It takes a lot of volunteers to pull off a county fair. Every one of you are appreciated from serving as a superintendent, a displayer, concession stand worker, helping at the Country Store, presenting at the seminars or at the Reddy Reader location. Your help is greatly appreciated. Approximately \$600 was raised at the Country Store for the Garfield County OHCE Scholarship fund. Your donations and purchases are appreciated.



IMPORTANT MESSAGE!!!

Due to postage costs and a limited postage budget, we will combine the October and November FCS Newsletter. Be sure and save this newsletter for reference.

Education Workshops for October/November

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

Fall Association Meeting

We will gather for our annual OHCE County Fall Association meeting Tuesday, October 15, beginning at 6:30 pm. Kremlin Home Culture is our hostess. Plan to join us as we have business to complete at this meeting. All OHCE members are invited and encouraged to attend our county meetings.

Board Meeting Monday, October 7, 9:30 am

The next Garfield County OHCE Board meeting will be Monday October 7, 9:30 am. Plans are to discuss the recent county fair while still fresh on our minds, nominations for election of County Vice-President and Secretary, 2025 County Yearbook, 2025 Leader Lessons suggestions and ballot.

Cookies for Vance Air Force Base

Pioneer Wheathearts will be providing the cookies for Vance AFB in October. We are doing 12 dozen cookies packaged into small baggies of 2-3 each (depending on cookie size). You may bring them to the office on or before the 2nd Monday each month. **True Honest Workers** will be furnishing the cookies for November. December will be **Casa La Mia's** turn.



Leader Lesson November Meeting

The lesson for your November meeting is "Native American Culture and Foods". Lindy will be presenting the lesson on this topic. The lesson will be at 2 pm, October 23rd here at the office Conference Room. No lessons are planned for December meetings, so you are free to plan a group activity.

Cultural Enrichment Tour

We still have space for members and guests to attend the tour planned for Friday, October 11, to the Pawhuska area. We will have a guided van tour of the Grassland and local historical locations in the area. Plans are to leave the office car parking lot at 8 am and return that afternoon.

There will be time to visit local downtown shopping and eating spots. Cost is \$30 for the tour and meals on your own. Please let the office know by October 4.



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Joy Rhodes
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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.

2025 OHCE Leader Lesson Topics

Garfield, Grant, & Kingfisher Counties

The following 2025 District and State lessons will be included in the topics presented this year.

District Lesson Topics

- How Walkable is Your Community OR Working with Food Pantries for Community Health

State Lesson Topics

- OHCE is STEM! OR Nutrition and Physical Activity for Brain Health

Please Indicate your Top 2 Choices in Each Category for Leader Lesson Topics from the List Below.

Please return to Extension Office by October 28

CULTURAL ENRICHMENT	
	Farmer Markets & Pick your Own Farms
	History of Pancakes
	Year Round Tree Decorating
	Art of Artisan Breads
	Land Grant Universities
	Kitchens of the Past
	Quilt Binding and Mitering

HEALTHY LIVING	
	Is your Kitchen Safe?
	Sugar, Sugar, Sugar
	Medi(terranean) Diet
	GMO's: What to Know
	Magic of Honey
	Does Climate Change your Plate?
	Coffee: The Business & Health Benefits

FAMILY ENHANCEMENT	
	Family Stories: Passing on your Heritage
	Grief Self-Care and Management
	Understanding Dementia and Alzheimer's
	Phones Vs. Family
	Knowing the Signs of Strokes and Heart Attacks

RESOURCE MANAGEMENT	
	Financial Disaster Preparedness
	Home Solar and Alternative Energy
	Cleaning without Chemicals
	40 Gallon Challenge
	What are your Money Habits?

LEADERSHIP DEVELOPMENT	
	Creating Quality Fair Entries
	Know your County Government
	What are Master Volunteers?
	Knowing your Community the OK-WAY



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Dates to Remember

- Oct. 7 — OHCE Board Meeting
- Oct. 11 — Cultural Enrichment Tour
- Oct. 12 — Barn Quilt Class
- Oct. 15 — OHCE Fall Association Mtg.
- Oct. 23 — Leader Lesson
- Nov. 1 — Christmas Ornament Class
- Nov. 28 & 29 — Office Closed



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