



# LINCOLN COUNTY EXTENSION

## 2019 FCS Program Highlights

### Family Consumer Sciences

Jessica Riffin



#### FINANCIAL LITERACY/WORKFORCE DEVELOPMENT

Jessica Riffin conducted 48 programs reaching 613 participants.

She also shared 12 mass media pieces reaching an audience of 3,117.

#### HEALTH EDUCATION

Jessica Riffin conducted 155 programs reaching 797 participants.

She also shared 25 mass media pieces reaching an audience of 29,292.

#### FAMILY/PARENTING EDUCATION

Jessica Riffin conducted 4 Co-Parenting programs reaching 13 participants.

She also shared 11 mass media pieces reaching an audience of 3,222.

#### OHCE

3 local groups  
40 members  
1,820 volunteer hours

## IMPORTANT MILESTONES

- 105 Years of Cooperative Extension Service
- 12 years of service from current educator
- 1 year as Registered Dietitian
- New partnership with Stroud Regional Medical Center to conduct diabetes education
- Recently trained in Diabetes Prevention Program



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## 2019 SUCCESS STORIES

### Live Well With Diabetes

After 8 weeks of education on diabetes self-management, one participant reported weight loss of 13 lbs and an improvement of her A1c by 1.3. She attributed the health improvements to the strategies she learned in the class.

### Co-Parenting for Resilience

One father who took the class in Lincoln reported his co-parent had taken the same extension class in Oklahoma County and he saw positive changes in their new relationship and their relationships with their children. He speculated that if they had taken the class before filing for divorce, their marriage might have been salvaged.

### Walk With Ease

This program is conducted for 6-weeks at a time with participants meeting 18 different days to learn about arthritis management and physical activity. One participant struggled to walk one lap around the track in Chandler. By the end of the 6 weeks, she was able to walk a mile in 30 minutes! She said she wanted to improve her mobility so she could go on a mission trip to Ecuador with her granddaughter.

### Corridor Magazine

Jessica Riffin was featured in Corridor Magazine for her blog. Jessica's Kitchen Table is published on a semi-weekly basis and aims, among other things, to teach adults about meal planning and the benefits of family meal time.



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