



LINCOLN COUNTY EXTENSION

2020-2021 FCS Program Highlights

Family Consumer Sciences

Jessica Riggin



FINANCIAL LITERACY/WORKFORCE DEVELOPMENT

Jessica Riggin conducted 48 programs reaching 564 participants.
She also shared 35 mass media pieces reaching an audience of 22,544.

HEALTH EDUCATION

Jessica Riggin conducted 75 programs reaching 473 participants.
She also shared 52 mass media pieces reaching an audience of 212,579.

FAMILY/PARENTING EDUCATION

Jessica Riggin conducted 43 Parenting programs reaching 89 participants.
She also shared 24 mass media pieces reaching an audience of 33,165.

OHCE

3 local groups
40 members
4,364 volunteer hours

IMPORTANT MILESTONES

- 107 Years of Cooperative Extension Service
- 14 years of service from current educator
- 3 years as Registered Dietitian
- Partnership with Stroud Regional Medical Center to conduct diabetes education
- Partnership with OU College of Allied Health for childcare provider training
- Trained Lifestyle Coach for Diabetes Prevention Program
- 2 years of monthly TV spots on Fox 25's Living Oklahoma



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2020-2021 SUCCESS STORIES

Diabetes Prevention Program

75% of participants completing the program reached their goal weight within the year. 100% reached their goal weight within 13 months.

Parenting and Family Resilience

During a session of Co-Parenting for Resilience, a mother disclosed that her co-parent has a history of being abusive. I was able to point her in the right direction to get the help she needs. While these programs are educational in nature, they also often serve as a resource for Oklahomans and Lincoln County Residents to get assistance they need in other areas of their lives.

Nutrition Education

One “best practice” taught in the Happy Healthy Childcare Homes program is serving meals family-style. There are many benefits for the children when childcare providers do this, but it is also the one that providers most strongly resist. One childcare provider in the program reported a high occurrence of picky eating in her childcare home. She said that once she implemented family-style meals, the children who had previously been picky eaters were eating more and were trying foods they had refused in the past. Not only did the provider get over her apprehension around serving family-style meals, but she reported seeing those positive outcomes in her children.

Financial Literacy/Workforce Development

Reality Check is a financial simulation for high school freshmen that assigns students to an occupation, salary, and family status, then has the students make financial decisions for one hypothetical month. The students make decisions on transportation, housing, entertainment expenses, medical care/coverage and more. After conducting this program at Chandler High School one adult volunteer said “Man, I sure wish I had done something like this when I was a teenager. These kids just learned a lot of things that will help them in their adult lives!”



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