

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 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.

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EXTENSION

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Declutter Your Closet this Fall



Probably the last thing you want to do with the weather cooling off is add more to your to-do list. But tackling a quick declutter of your closet at the beginning of the fall season will help you find plenty of space for all those cozy-season sweaters and ankle boots—and ensure that you won't be wondering why you held onto that faded swimsuit when next summer rolls around.

You don't want to spend a second more than you need to on your seasonal closet makeover—so follow these strategies to help you streamline your wardrobe in no time flat.

Take a fast pass through your summer stash—now's the time to scan through what you're wearing now to see what's working—and ditch the things you haven't worn, no longer work for you, or can't be revived. That way you'll have less to store away—and you won't end up unpacking the same pair of shorts that doesn't quite fit again next year.

Shuffle your clothes to suit the in-between season—you (probably) won't be making the leap from sundresses to cable sweaters overnight—so place those perfect in-between pieces front and center in your closet. We're talking lightweight sweaters, pants, and layering pieces that make it easy to peel off or put on what you need to make it through chilly mornings and warmer afternoons.

Evaluate your fall and winter wardrobe—as you bring out the warmer clothes, take a quick look to see what may need repairs or refreshes, what may not fit, and what really

works for you.

With a new season comes a new year and a new wardrobe. When decluttering this fall, keep in mind what's still in style, what's still your style and what you will still wear *today*. If this is the second or third fall season that you haven't worn that item, consider letting it go and keeping the best of the best.

Find a good home for your discards—unless something's truly beyond repair, your discards definitely don't belong in the trash. (And even the clothing that can't be repaired can still be recycled or turned into something else.)

Consider selling high-quality clothing online, or give them away to a charity.

Refresh Your Pest Repellents—wool and other natural materials can attract moths and other pests that can wreak havoc on your favorites. As the seasons change, refresh cedar blocks or hangers and sachets to keep your items fresh over the winter season.

Give your closet and dressers a good dusting and vacuum-

when is the last time you vacuumed the corners of your closet? Exactly. At least once a season, grab the vacuum and duster. Don't forget to dust off the closet rods, and get into the crevices of your closet. Bonus: This can reduce the chances that pests will find a home in your closet, too.

Don't forget to check the coat closet—categories you should focus on decluttering in the fall are categories that usually live in the front closet like coats, jackets, hats, gloves, and scarves—and fall and winter shoes like boots and any fall clothing. If you can't find a mitten's mate, now's the time to toss it.

Food Handlers: **Food Safety Training**

-Thursday, November 21

-3:00 P.M.

-Online Format Only (Zoom)

(participants will need internet access)



Everyone is welcome to participate in this **free online** Food Handlers Food Safety class presented by Major County OSU Extension. This is a basic food safety class that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register at least one week prior to the class; with your name, phone number and email address.

Contact/Presenter: Dana Baldwin, Extension Educator– FCS/4-H & Major County Extension Director
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Major County OHCE *News and Notes*



Lesson Leader Trainings

The Lesson Leader Training in October will be Friday the 25th at 10:00 a.m. at the fairgrounds. The lesson topic is "Healthier Holiday Dishes".

The Lesson Leader Training in December will be Friday the 20th at 10:00 a.m. at the fairgrounds. The lesson topic is "Developing OHCE Enthusiasm".

County Planning Meeting

The next County Planning Meeting will be on Wednesday, November 6 at 10:00 a.m. at the fairgrounds. Please note the time change– and please plan to attend!

Check us out on Facebook!

See information in this newsletter for upcoming programs that may be of interest to you, so be sure to check them out! For updates and announcements, "Like" our page on Facebook: *Major County OSU Extension*

Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/major>

Awards Deadlines

Secretary's Books, Member Awards (Member of the Year, Heart of OHCE, Rookie of the Year, Young Member of the Year) and Life Story Essays are due to the OSU Extension Office by December 20.

Local and County Award Report Books are due to the OSU Extension Office by January 22. Contact Dana for any assistance with any of these items.

2025 District OHCE Meeting

The next planning meeting for the 2025 District OHCE Meeting is scheduled for Tuesday, December 3 at 9:30 at the Watonga Library. We will be discussing the Major County duties at the Fall Association Meeting.

7th and 5th Wellness Days

We will be discussing at the Fall Association how OHCE can assist with the 7th Grade Wellness Day on November 8 and the 5th Grade Wellness Day on November 18. Stay tuned for more information!

Master Sewing Volunteer Training

Are you interesting in becoming or want to learn more about becoming a Master Sewing Volunteer? Applications are due March 1. Ask Dana for more information. .

Fall Association Meeting

The Fall Association Meeting will be Wednesday, October 9 at the fairgrounds. Registration is from 10-10:30 a.m. and the meeting begins at 10:30 a.m. We will have two programs– Freeze Dried Foods by Donice Johnson and CASA Program by Alyson Burrow.

Group duties are as follows:

Busy Bees– Devotion/Mixer and Entertainment

Cheyenne Valley– Morning Refreshments

Orion Homemakers– Lunch Coordination

Lunch will be baked potatoes, salads and desserts. Orion

Homemakers will provide baked potatoes; others bring

salads and desserts. Please join us.

Lesson Suggestions for 2025

Don't forget to submit your ideas for lessons for 2025 to the OSU Extension Office by October 15.

Officers and Dues for 2025

Group officer lists for 2025 will be due by October 18 as well as dues for 2025. Groups have paperwork for these.

Volunteer Hours

Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. Those have all been recorded on the online site. These hours are beneficial in our reporting efforts statewide.

Oklahoma Family Caregiver Conference

November 7, 2024

Doors open at 9AM

Programming from 10AM-3PM

Free Admission! Door Prizes!

Register and Information:

www.okcares.org– 918-493-0604

Locations:

Tulsa, OKC, Ardmore, McAlester, Enid, and
Online

2024 Holiday Happenings

Wednesday, November 13
10:00 a.m. to 3:00 p.m.
Woods County Fairgrounds in Alva

Sessions include:
Canning Jar Lid Wreath & Ornaments,
Holiday Decorated Cutting Boards, Fall Candles,
Craft Bead Snowman Ornaments, and an educational lesson on
“Healthy Holidays” with holiday recipe books.



Fee - \$40
Registration and payment deadline- Friday, November 1
(payable to “*Woods County OSU Extension*”)
Registration fee covers: morning refreshments, lunch, all session supplies.

Register now- spaces are limited!

To register for this event, please contact your county OSU Extension Center:
Alfalfa County- phone 580.596.3131
Major County- phone 580.227.3786
Woods County- phone 580.327.2786

Brought to you by the Extension Educators- Family & Consumer Sciences/4-H Youth Development in these counties.



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